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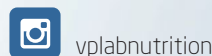
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Photograph by Kevin Horton

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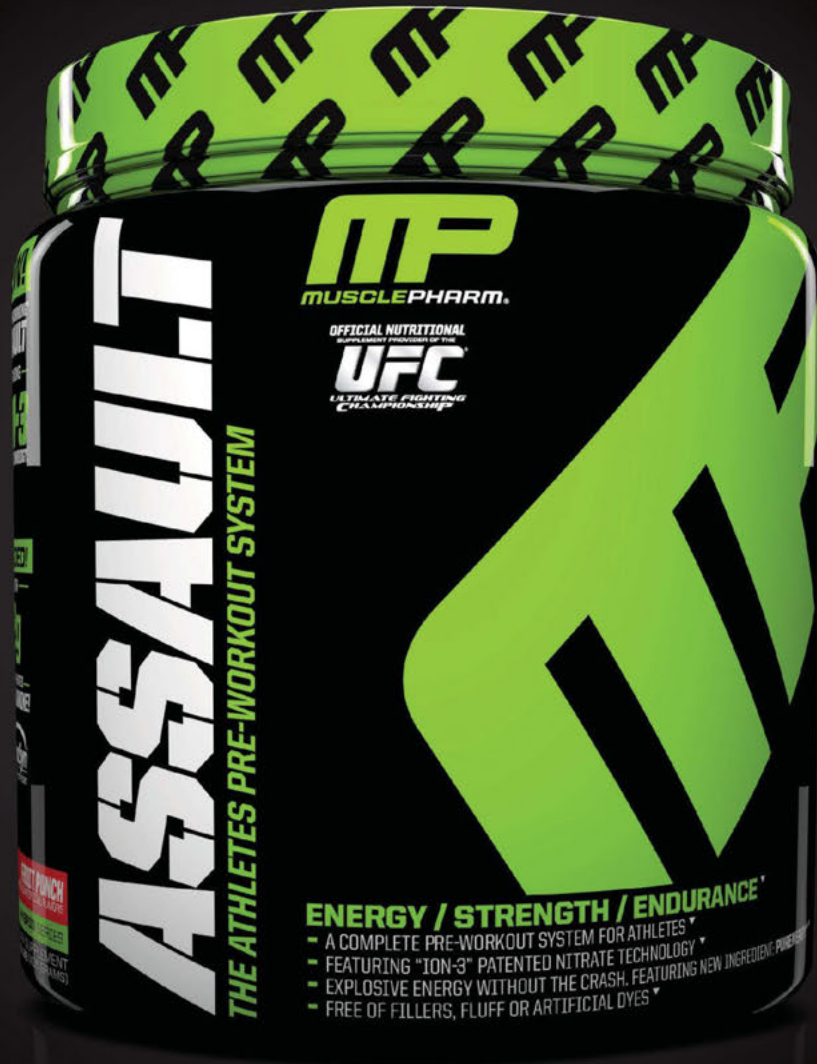
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CLANGIN' AND BANGIN' The equipment has been updated, but the atmosphere and camaraderie of Gold's Venice remain.

The Gold's Standard

Arnold reflects on training at the mecca.

What was it like training at Gold's Gym back in the day?

—CALVIN H., VIA FACEBOOK

A: **GOLD'S VENICE** was, and still is, the mecca of bodybuilding, because the energy that flows through it makes it like no place else you could ever train. Its

founder, Joe Gold, started the gym in 1965 mainly as a place for his friends to train. If you couldn't afford a membership, Joe usually waived the fee and even let bodybuilders sleep on the roof if they needed a place to stay.

From the moment I first walked in, I felt inspired to train harder, and the overhead skylights and ocean air that wafted through gave me the charge to do so. There was always some big animal training—Ken Waller, Frank Zane, or Dave Draper—and these guys not only inspired me but also ultimately became some of my best friends, and remain so to this day.

Gold's is celebrating its 50th anniversary this year. (Go to

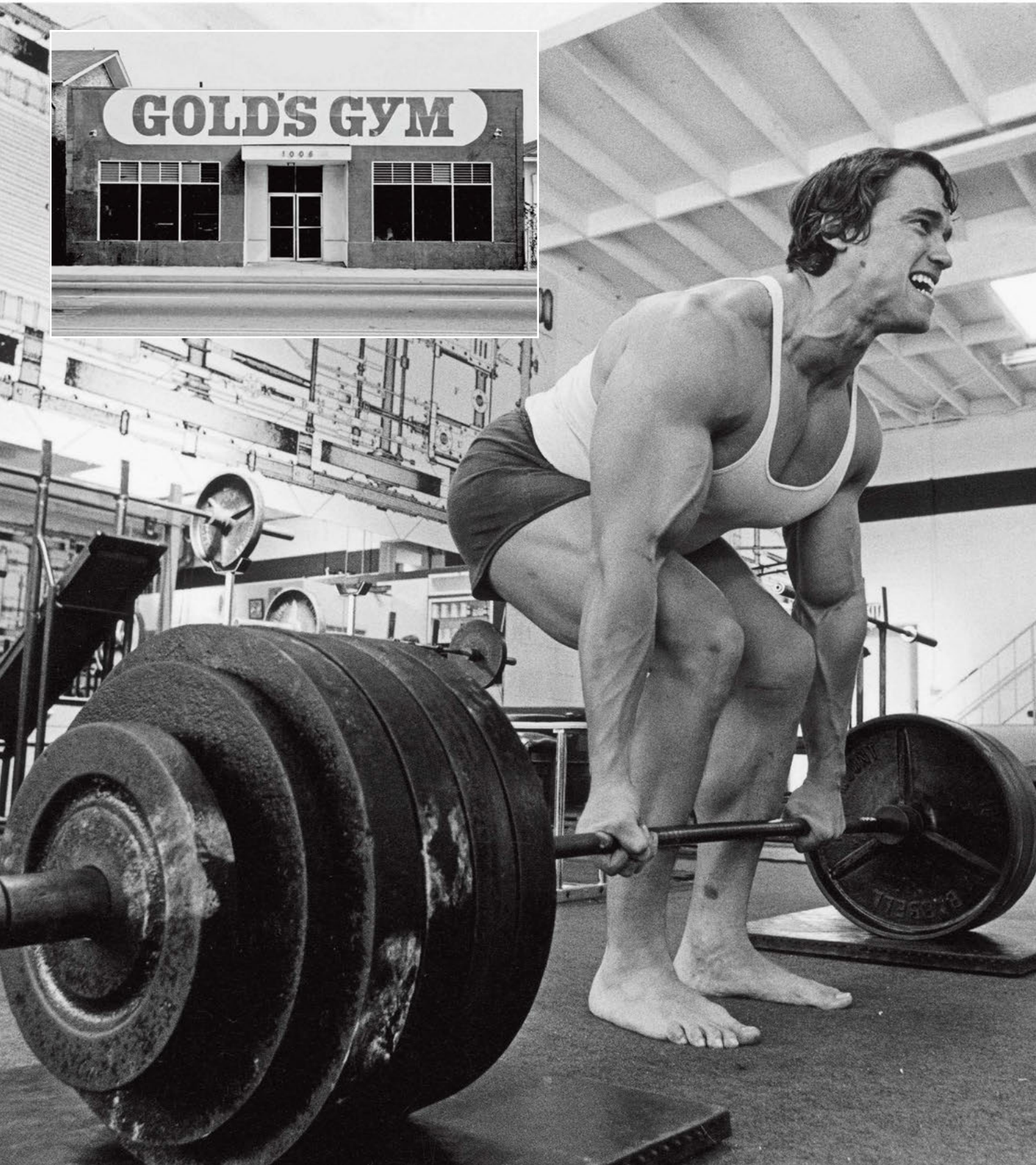
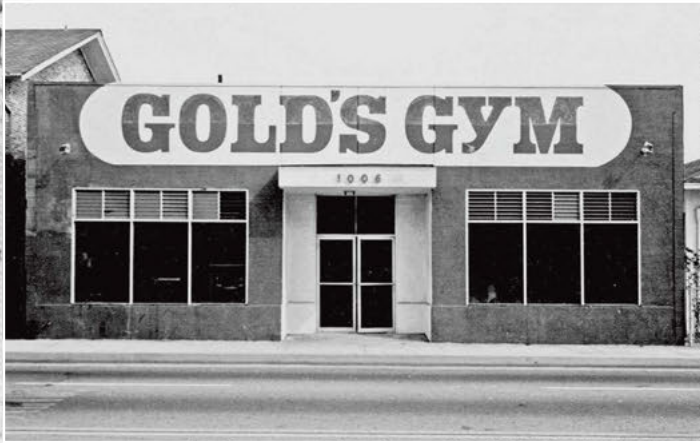
goldsgym.com for details on Gold's 50th birthday bash in November.) I've watched it expand to become not only the most recognizable gym franchise but also one of the most iconic brands in the world. Come in almost any weekday morning and you'll still find me training there.

I'll give you one more fun fact about the old Gold's: The gym was very small, so the showers used to be coed!

Yours in Iron,

Arnold Schwarzenegger

HAVE A QUESTION for Arnold? Ask it on the **Muscle & Fitness** Facebook page for a chance to see it here.



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path of transgender powerlifter and bodybuilder Matt Kroczaleski, who came out this past summer as Janae Marie.

The decision to include an article on a transgender athlete wasn't one made lightly. Questions aplenty were raised during the process. Is it our place to cover such a story? How will our readers respond? Who will we piss off? Who will we win over? In the end, we made what I believe is the right call: to support someone who has supported us.

Matt Kroczaleski was a member of our advisory board and a frequent contributor to this magazine. His deep training knowledge was matched only by his good nature and professionalism. So when Janae Marie decided to tell the story of her transition, it seemed only right that she do so in the pages of *M&F*.

It would be nice to believe that in the telling of Janae's story we will change some hearts and open a few minds. I hope we do. But in the end, I'm just happy that we've gotten the chance to support a friend.

I'd also like to make special mention of the late Dr. Oliver Sacks, whom I was fortunate enough to correspond with some 12 years ago. While we all know him for having been one of the great minds of the past century, did you know that he was one of its stronger men as well? Please check out our feature on him to learn more about this great human being, in a letter he typed to me. RIP, Dr. Sacks.

OVER OUR 75-YEAR history, *Muscle & Fitness* has become known for delivering to our readers cutting-edge training and nutrition information. In this issue, we've

added long-form journalism to our roster, with deputy editor Matt Tuthill's insightful and thought-provoking feature, "The Strength Within Her," which chronicles the



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Big Louie

The real-life Incredible Hulk has had a career in bodybuilding unlike any other. Here, he shares the most important lessons he learned in the gym—and how they helped him find a career outside of it.

AS TOLD TO GREG MERRITT

LOU'S WISDOM



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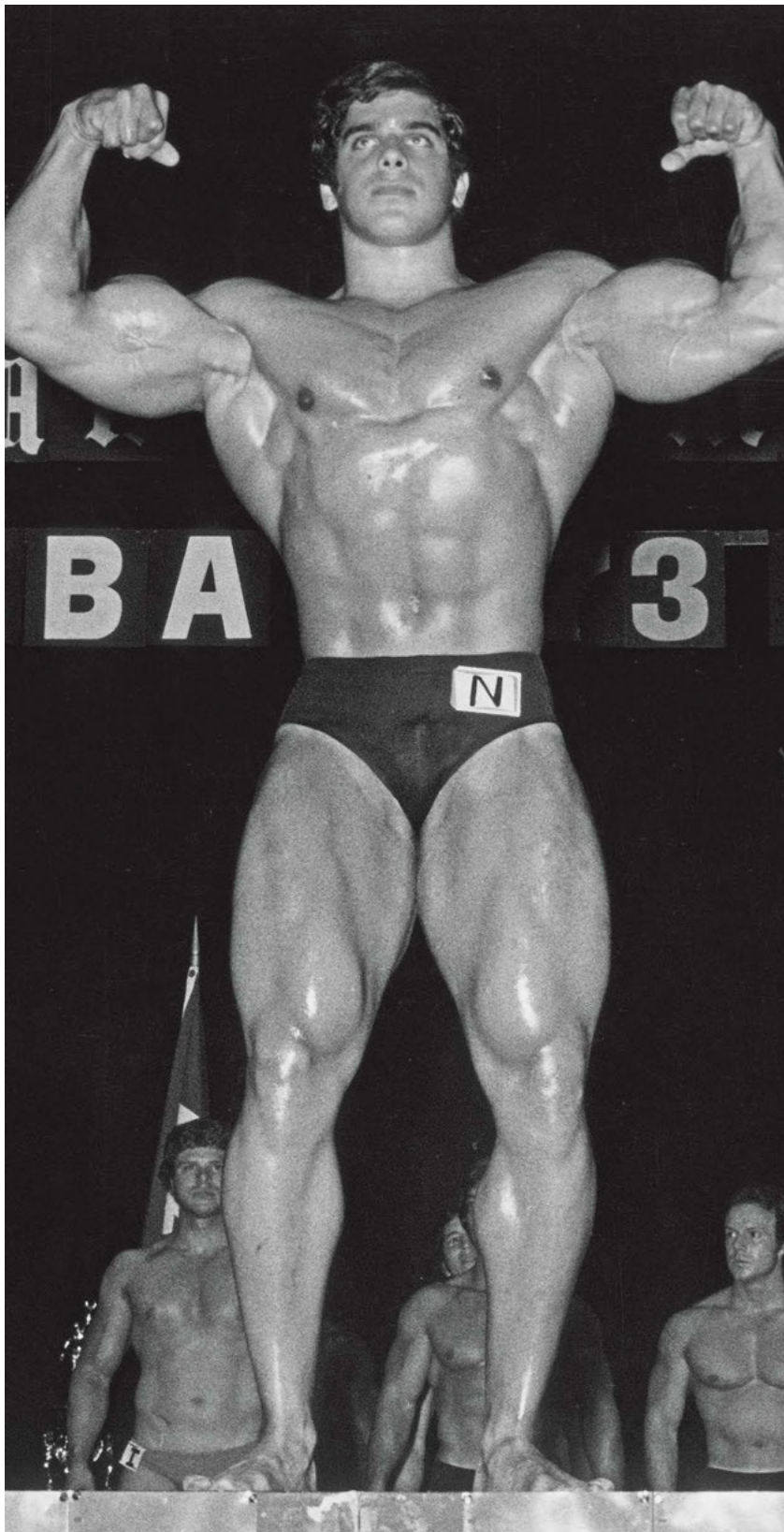
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EVERYONE REMEMBERS that scene in *Pumping Iron* when I'm doing shoulder presses and shouting, "Arnold!" over and over. I used Arnold to motivate myself in my workouts. Coming up, I looked up to people like Steve Reeves, Larry Scott, and Sergio Oliva, and I read a lot of comic books: *Superman*, *Batman*, and, of course, the *Fantastic Four*, with the Hulk. From an early age, I wanted to be as big and powerful as the Hulk. Those are the kinds of images that drive you through your hardest workouts.

At various times, I trained with other pro bodybuilders. If I train with a partner, I want that person to be as strong as I am and go with the same intensity that I do. I need someone to push me on every set. A partner isn't just there for someone to talk to; that would only hurt my workout. A partner is there to drive me to use more weight and get more reps.

On exercises like chest and shoulder presses, squats, and leg presses, when you lock out and fully straighten your elbow or knee joint, it's a resting point. There's very little stress on the muscles there. This is why I usually like to stop my reps a little short of lockout. But this can change near

MORE THAN A BODYBUILDER

Ferrigno is an icon in the deaf community. An ear infection soon after birth resulted in 80% hearing loss.

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the end of a set when I might need those little rests to keep going.

I wasn't one of those lucky guys whose forearms grew just from holding weights. I worked very hard for my forearm development, training them three times per week. I mostly stuck to barbell wrist curls and reverse curls.

I do a lot of forced reps. I reach failure or near-failure, then my partner removes just enough stress for me to get 2-3 more forced reps.

Occasionally, I do my side laterals with a cable. These allow me to raise the handles well above shoulder level and maintain tension, so I get a longer range of motion.

Before a contest, I used to tense my muscles a lot between sets, and I also practised posing at home. Joe Weider taught me how to use iso-tension to bring out more details in the muscles.

For the first few years when I got into bodybuilding, I was always weighing myself and measuring my arms and chest. It was inspiring to see those numbers getting bigger. But eventually the mirror became a much more useful tool than the scales or the tape measure. The mirror, photos, and objective observers will tell you that you're gaining muscle and losing fat in the right places.

Recuperation is the forgotten component of muscle building. Try to get at least eight hours of quality sleep each night and try to find ways to relax both your body and your mind outside of the gym. I never use the same training programme twice.

Whenever I don't feel like doing

NOT SO JOLLY

Lou Ferrigno is the only human to portray the Hulk in a major TV or film production. Given the trend toward CGI, he figures to hold on to that distinction forever.



UNIVERSAL TV

another workout or eating another chicken breast, I only have to remind myself of the benefits of this lifestyle. I owe everything to bodybuilding. The training I did to build my physique taught me how to work toward a goal with great intensity and total dedication. Bodybuilding has also taught me to

be persistent, to be self-reliant, and to look at myself objectively. Most importantly, bodybuilding dramatically improved my self-image, allowing me first to achieve average confidence after years as a shrinking violet, then later to assert myself as a bodybuilder, actor, and public personality.

I'D SAY DIET IS 60% OF THE BATTLE IN BODYBUILDING. TRAINING IS THE OTHER 40%. BUT WITHOUT THE MIND—THE PROPER MOTIVATION AND FOCUS—DIET AND TRAINING ARE 0% EFFECTIVE.

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IFBB pros Ricardo Correia (left) and Shaun Joseph-Tavernier are among the big names expected to visit



BodyPower Hits Ireland

Dublin set to host festival of muscle **BY JOHN PLUMMER**

BODYPOWER is set to make its Irish debut this month with a two-day event in Dublin.

The team behind Britain's biggest fitness exhibition has already created a spin-off event in India. Now, it's bringing its brand to the RDS Arena in Dublin on November 21 and 22.

As usual, BodyPower will bring big names from

the world of fitness and bodybuilding up close to the fans. There will also be all kinds of sports, activities, and visitor challenges as well as an expo featuring the latest sports nutrition, clothing, and gym products.

IFBB pro bodybuilders **SHAUN JOSEPH-TAVERNIER** and **RICARDO CORREIA** are among those expected to be there.

There will also be a main stage, the BodyPower Gym, The Academy, and a Power and Strength Zone, which will be coordinated by Irish strongman Glenn Ross.

The weekend will also include the Fit Factor fitness model competition as well as arm wrestling, powerlifting and strong man events. "Ireland is another excellent

opportunity for us to increase our global portfolio," says BodyPower director Ollie Upton.

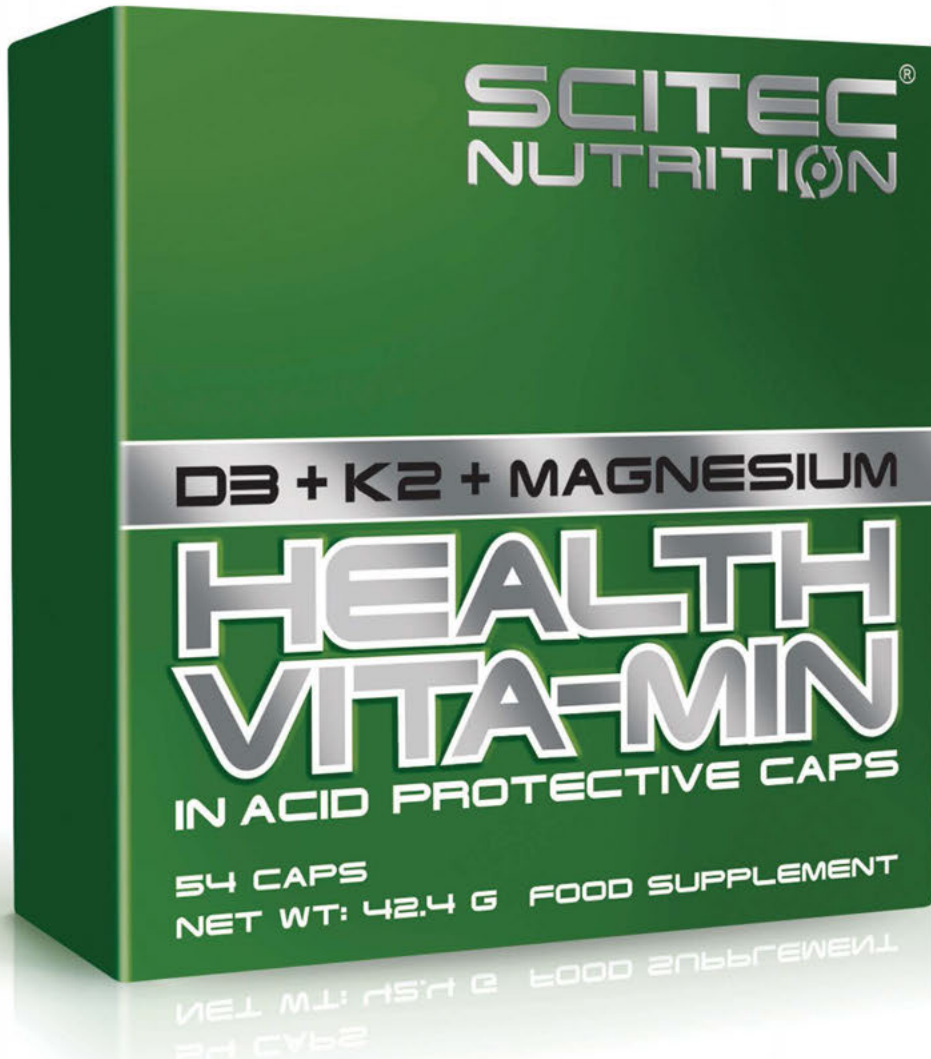
"Plans are in motion to deliver a world-class event to the Irish fans that have, for years, made the trip over to the UK every May."

BodyPower began in Birmingham in 2009. This year's three-day spectacular attracted 80,000 fans.

CORREIA: KEVIN HORTON; TAVERNIER: CHRISTOPHER BAILEY

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Britain's **MARK COLES** and Canada's **BEN PAKULSKI** are launching a 12-week challenge commencing 23 November.

Mark Coles, the leader of Team M10 will be revealing the secrets that have allowed his clients and followers to achieve life changing transformations—the type you see with Hollywood stars.

Team Mi40, led by IFBB professional bodybuilder Ben Pakulski will receive all of the top tricks and tips that have helped his clients add kilos of muscle while getting 'pro shredded'.

Besides helping you look better, the competition also gives you the chance to win more than

\$50,000 worth of prizes. First prize for the person judged to have undergone the most impressive transformation is \$20,000, which includes \$10,000 cash and a trip to the Arnold Classic in Columbus, Ohio. The trip will include airfare, hotel accommodation, and a personal photoshoot with a world-class photographer and the opportunity to be featured in *Muscle & Fitness*. Other prizes include a year of supplements from Scitec Nutrition.

Mark has invested 15 years in education and certifications to gain a world-class knowledge of muscle building, muscle physiology and physique development.

Ben has been a student for over 17 years, while competing over 10 years. He is known for his scientific approach to training and nutrition and his 'No BS' attitude.

Both men practise what they preach: Mark finished second in his class at last year's UKBFF British Bodybuilding Championships; Ben is

one of the world's leading IFBB pros, who placed second at the 2013 Arnold Classic.

The two men have never before revealed the secrets to the process behind the body transformations they achieve with their clients. Now, they're giving you the chance to join either of their teams, to help you achieve your best physique ever.

Mark and Ben will narrow down entrants to the top 12 M10 students and top 12 Mi40 students by 12 February 2016. From there, online voting will determine the top five and the winner will be chosen by February 28, giving them five days to fly to Ohio.

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Play Hard

Israeli-born actress **INBAR LAVI** says the roles that make her afraid also make her work that much harder. Here's what else she told us.
BY PAMELA NULLET

...plays a soldier on Sky 1's *The Last Ship* and bruises frequently from all the action sequences.

...played goalie on her soccer team in school. With no intent to craft a double entendre, she said, "I was great at blocking balls with my boobs."

...warms up her voice in the shower with Etta James and Ray Charles.

...relished being one of the only girls on the set of *Gang Related*. To make up for her size [she's 160 cm], she got to carry the biggest guns.



...ditched gluten because it didn't agree with her, but will put up with the stomach grumbling for a great bowl of gnocchi.

...feels sexiest when she first comes out of the shower.

...knows a guy is interested in her when he's looking at her lips.

...considered visiting a fan in prison after he sent her a letter. I thought for a minute, "What if I go and make this dude's day?"

...learned a lot working with Vin Diesel on *The Last Witch Hunter*. "He comes to work every day ready to battle."

FIND INBAR on Twitter and IG: @InbarLavi. *The Last Ship* and *The Last Witch Hunter* air this fall. Check your local listings for times.

TRAIN

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The Long Haul

Former *M&F* cover model **ROB YUELLS** still pushes his body to the limit.

BY MARK BARROSO

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HE DOES IT

JEFF SYGO





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DID YOU KNOW? Youells is the drummer for Generation Kill, and making an album with the rapper DMC.



IFBB PRO BODYBUILDER

Rob Youells is training to see his fitness career come full circle in 2016.

"I'd love to compete in the New York Pro," says Youells, 42. "A lot of the pros in the area—Jon DeLaRosa, Marco Rivera, Juan Morel—we're like a family. I came up with them, and to jump onstage with them would be awesome."

Youells places maximum emphasis on a workout's first exercise, doing six to eight sets, then a series of dropsets. The next week, an alternate angle is used to target the same body part.

"I start with a different point of flexion to allow for more healing time."

Youells also uses rest-pauses, forced reps, and giant sets to

YOUELLS' CHEST EXHAUSTION WORKOUT

EXERCISE	SETS	REPS
Incline Barbell Press*	10	10-14
Dumbbell Flye	4	8-10
Decline Machine Press	4	8-10
Dip	4	Failure
Pushup	4	Failure

*After the sixth set, remove half of the weight. Then, perform four dropsets, lowering the weight after each dropset. Switch between wide, regular, and close hand grips. Reach failure at 10-14 reps on the last dropset.

THE STATS

AGE	HEIGHT	WEIGHT
42	178	111

RESIDENCE

West New York, New Jersey

SPONSOR

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trigger growth. A bodybuilder since 2003, Youells tailors moves to avoid injury.

"French presses feel great, but if I lean my elbows too far back on skull crushers, my shoulder aches for days," says Youells.

Squats and curls get modified, too. "When squatting, I'll take a wide grip, or I'll front-squat instead," adds Youells. "I started getting tendinitis from barbell curls. Now I use an EZ-bar or dumbbells and have no issues."

As for nutrition, Youells urges that carbs are not the enemy.

"I did zero-carb days when I was younger, and I would get leaner but lose muscle volume."

As you can tell from the workout shot above, Youells' engine doesn't stop. "When I'm excelling at something, I put more effort into it. That's what has always motivated me."

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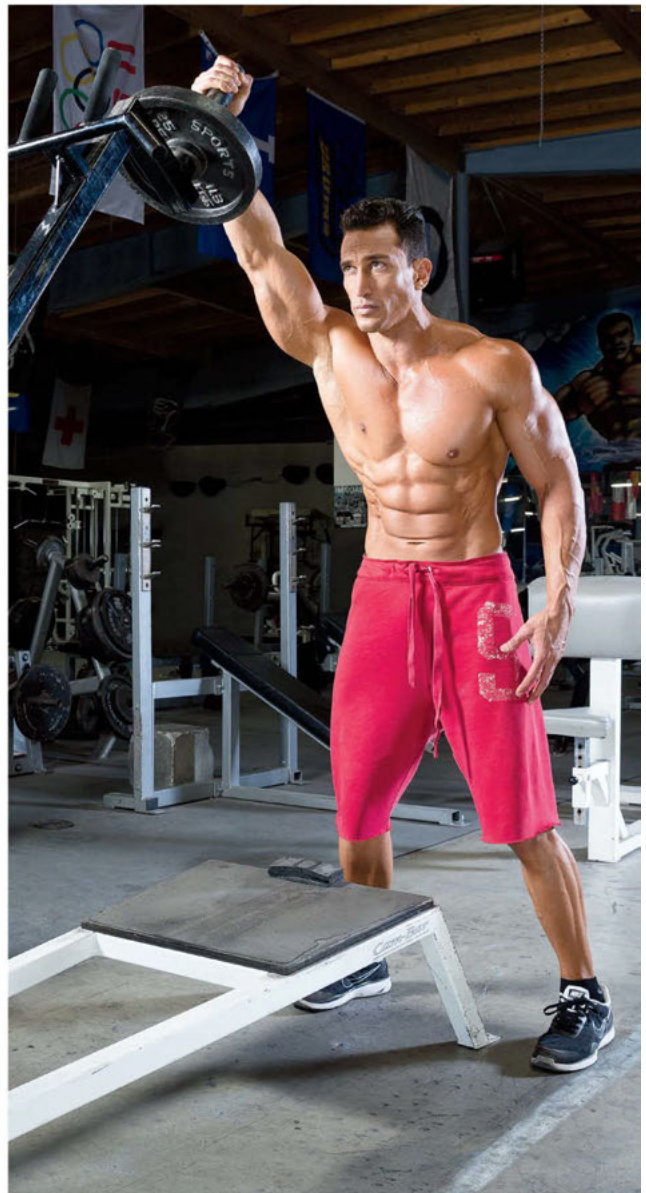
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QUICK TIP

Don't try to press the bar straight overhead. Lean into the bar and press it out.



Blow Up Your Shoulders

Overhead pressing builds big, powerful shoulders, but if you have shoulder or lower back pain, it may not be safe. The landmine press, however, is. The arc of the bar lessens the pressure on your joints, while the unilateral nature of it trains your core. **BY BEN BRUNO**

HOW TO DO IT LANDMINE PRESS

1 **LOAD A BARBELL INTO A LANDMINE UNIT,** or wedge it into a corner. Hold the opposite end by the sleeve at shoulder level and stand with feet shoulder width. You can also use a T-bar row (pictured).

2 **PRESS THE BAR UP,** keeping your core tight. Don't twist your torso.

QUICK TIP The landmine can also be used for one-arm rows, lunges, and Romanian deadlifts.

Suck It Up

How to do a proper vacuum pose—and why bodybuilding needs to bring it back.

BY FRANK ZANE, M.A.

AT A BODYBUILDING seminar I attended a few years ago, I remember talk of making the stomach vacuum a compulsory pose. It was an intriguing idea because doing this would curb the big bellies you see onstage today.

But average gym rats could benefit just as much as competitive bodybuilders from practising the vacuum. You get a smaller waistline and gain control of your abdominal muscles by doing stomach vacuums. It's true for a few reasons: Stomach vacuums can be done only on an empty stomach, so a good time to practise them is when you first begin to feel hungry. Doing so will chase hunger pangs away for about 20 to 30 minutes before they return.

Here are some progressive steps in practising stomach vacuums:

The easiest way to vacuum is hanging upside down. I used to do it with gravity boots, but you don't see those around too much anymore. If this is impractical, do them on a steep decline with your head much lower than your feet. The more the decline, the more gravity will assist you in vacuuming. I do them on my

traction table, which gives me a decline of 30 degrees or even lower.

Next up in difficulty is lying on your back on a flat surface. After that, try bending forward at the waist with your hands resting right above your knees. And most difficult is with both hands behind your head as in the bodybuilding abdominal pose, as pictured. In competition, I made quite an impression with my posing routine by going from an abdominal pose with abs tensed right into the stomach vacuum.

The steps in vacuuming are the same no matter what the position of your body. First, you exhale, forcing all the air out of your lungs, squeezing the last bit out with your abs. Then, instead of inhaling, suck your stomach in as far as possible, creating a hollow below the rib cage. It's like holding your breath with no air in your lungs. Hold it for progressively longer periods of time. Imagine your stomach wall is pressing against your spine with each vacuum. Exhale, take a few deep breaths, and repeat for 10 vacuums. In a few weeks, you'll have total abdominal control.

QUICK TIP

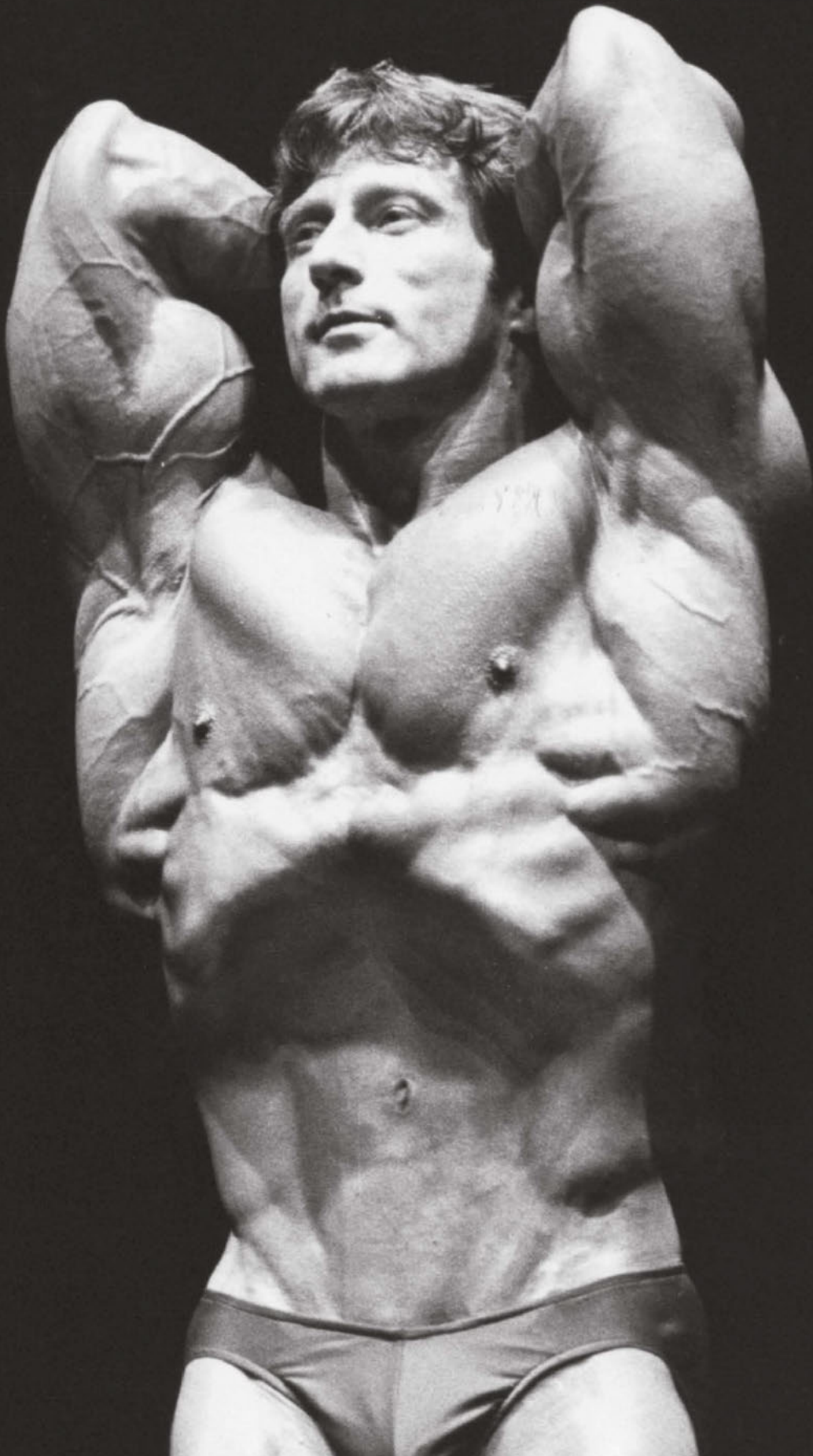
The tension required to hold the vacuum works your abs incredibly hard.

WELL-DEVELOPED SERRATUS MUSCLES MAKE THE VACUUM EVEN MORE IMPRESSIVE. TRY DUMBBELL PULLOVERS.

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Total-Body Blaster

Neglecting exercises like the side lunge leads to muscle imbalances and injury. This workout fixes all of that.

THE WORKOUT

DIRECTIONS: Set a timer for 10 minutes and do the following exercises as a circuit without resting.

EXERCISE	REPS
▼ Side Lunge	10 each side
Pullup	5-10
Hand Walkout*	5
Sprint/Stair Run	30 seconds

*From a standing position, bend down to touch the floor, then walk your hands out until you are in a plank with your arms stretched out. Do controlled reps.

WHAT IT IS

A circuit composed of side lunges, pullups, hand walkouts, and sprints, designed by L.A.-based celebrity trainer Andy McDermott. After a five- to 10-minute warmup, set a timer for 10 minutes. Start the circuit at a brisk but sustainable pace and don't stop until the 10 minutes are up.

WHY IT WORKS

Alternating hemispheres of the body jacks up your heart rate, but the real key is the use of uncommon moves like side lunges and hand walkouts. Side lunges stimulate fibres in the adductors and abductors that don't get much attention during most leg lifts. Hand walkouts uniquely stimulate the core, shoulders, and arms.

SIDE LUNGE

Take long steps to either side, letting the trail leg stretch out straight. Push through the heel of the bent leg to return to the start.



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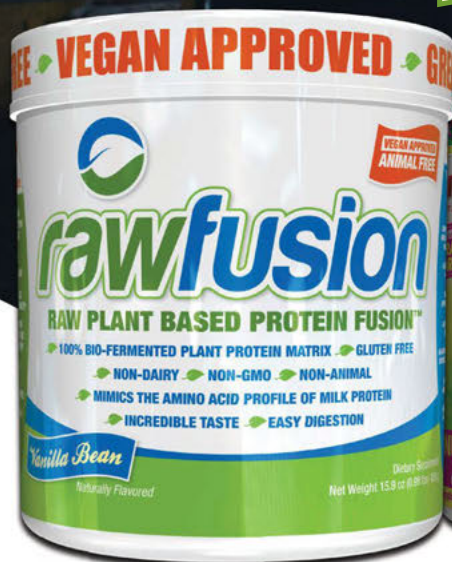
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Leg Work

Cayle W. sent us his leg workout and told us he suffers from knee and hip pain. Here's how we helped him work around it.

BY SEAN HYSON, C.S.C.S.



QUICK TIP

If you suffer from hip or knee pain, use full ROM on completely stable moves, like the single-leg leg press.

CAYLE'S OLD WORKOUT

EXERCISE	SETS	REPS
Squat	3	5
Dumbbell Lunge	4	10
Romanian Deadlift	3	8
Leg Curl	4	10



OUR ADVICE

If full range of motion (ROM) squats aggravate your hip, don't go as deep. **SQUAT TO A BOX THAT CUTS YOU OFF FOUR OR FIVE CENTIMETRES ABOVE PARALLEL.** Box squats also help with knee pain, forcing you to sit back, keeping tension on your glutes and hamstrings, not your knees. You can use full ROM on other exercises to make up the difference for complete development.

CAYLE'S NEW WORKOUT

EXERCISE	SETS	REPS
Box Squat	3	5
Unilateral Leg Press*	4	10
Romanian Deadlift	3	8
Leg Curl	4	10

*Press with one leg for all your reps, then the other. Rest the nonworking foot on the floor.

BORN FIT

ASK ADAM Have a question for Adam? Tweet @Bornfitness and @muscle_fitness with the hashtag #bornfit



ILLUSTRATIONS: HUNOTIKA

Stop Thinking

The best way to stay motivated is not to try so hard. **BY ADAM BORNSTEIN**

Q “How do you find motivation again when it lags?”

—@JAY_RYAN4

A **MOTIVATION IS BS.** The prefrontal cortex of your brain is where will-power comes from. It also handles day-to-day tasks, short-term memory, and focus. In short, it's overworked, so how can you expect it to keep you on task with your fitness goals when it's already busy paying your bills and remembering your wedding anniversary?

The way to achieve your goal isn't through periodic shots of adrenaline, but rather by making small appointments that you keep on a regular basis. Take this study from the *British*

Journal of Health Psychology. One group of exercisers tracked their workouts; a second group tracked and were motivated to train by reading about how exercise prevented disease; a third group did the same as the second but also made a specific commitment to get at least 20 minutes of exercise on a particular day, time, and place every week. Guess what happened: The third group had the highest rate of compliance, at 91%.

Why does it work? Because building one habit at a time helps reduce cognitive load, meaning your brain has less to process. Breaking goals down into little pieces lets you pick them up a day at a time—you don't get overwhelmed by the seeming enormity of what you want to accomplish and can see it through. Think of it this way, and achieving a goal is no different from checking off any other to-do list.

WORLD'S STRONGEST ADJUSTABLE DUMBBELLS



THE END.

Plank Plus

QUICK TIP

Set your feet shoulder-width apart or wider to start so you can balance. As you get stronger, move your stance in.



A regular plank isn't enough for you anymore. Make it harder by adding a row to work your back and core all at once. **BY SEAN HYSON, C.S.C.S.**

HOW TO DO IT PLANK DUMBBELL ROW

1

GET SET

Get into pushup position with your hands holding on to a pair of dumbbells with a neutral (palms-facing) grip. Keep your back flat and brace your core.

2

GO

Keeping your hips and shoulders level, row one dumbbell to your side. Begin by drawing your shoulder blade back. Alternate sides on each rep.

DID YOU KNOW?

Rowing the dumbbell makes it harder to avoid rotating at the torso, so this move trains your abs to brace your spine effectively while building your lats.



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EAT

WHAT'S IN THE FRIDGE THIS MONTH

Fibre Fix

Bump up your intake to aid weight loss, get healthier, and live longer.

BY MARK BARROSO

HOW MUCH DO YOU NEED?



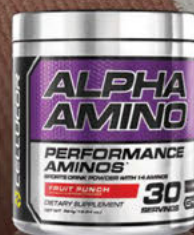
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“I’ve heard fibre is good for digestive health. What’s the best type to eat?”

—INSERTHOMEEND, VIA REDDIT

A • WHETHER YOU count macronutrients or not, it’s important to be mindful of fibre: the nondigestible form of carbohydrates. Fibre is either soluble or insoluble, and both types can improve heart health and longevity and increase satiety.

“Soluble fibre dissolves in water into a gel-like material,” says Tom Holland, C.S.C.S. “Fibre, especially soluble fibre, can slow the absorption of sugar in our bodies, which may delay hunger, assist in weight maintenance, prevent type-2 diabetes, and help those who are diabetic.”

Holland says oatmeal, apples, blueberries, carrots, and celery contain soluble fibre, while insoluble fibre is found in brown rice, broccoli, and leafy vegetables.

“Insoluble fibre passes almost intact through the gastrointestinal system,” says Holland. “It helps prevent constipation by adding bulk to stool and speeding up the rate at which food passes through intestines.”

So how much fibre do we need?

In 2002, the Institute of Medicine published a report suggesting men and women under the age of 50 consume 38 and 25 grams of fiber per day respectively. Hitting these numbers can add years to your life and keep inches off your waist.

According to a new meta-analysis of 25 studies in *The North American Journal of Medicine and Science*, people who ate the most fiber had a

23% lower all-cause mortality rate compared with those who ate the least fibre.

Eight studies in a 2014 *American Journal of Epidemiology* analysis showed a 10% lower risk of mortality with each 10-gram daily increase in fibre intake. And for heart health, an extra 7 grams of fibre a day lowers risk of cardiovascular disease by 9%, according to a 2012 *BMJ* study.

“To put these numbers in perspective, an apple has 3 grams of fibre, 80 grams of green peas has about 9 grams, and 240 grams of black beans has almost 20 grams,” says Holland.

Fibre’s role in weight loss is played out meal by meal. Recent research suggests pectin and other soluble fibres show the most significant appetite-reducing effects during the day of consumption, so you may want to place these types of fibrous foods high on your grocery list.

“Fibre-rich foods require more chewing, decreasing the

likelihood of overeating by giving the body time to register the feeling of fullness,” says Holland.

FIBRE SALAD

Get your fibre fix with Holland’s easy-to-make salad recipe.

SERVES 1

120 g black beans
75 g corn
75 g edamame
3 chopped egg whites

MAKE IT: Toss ingredients in a bowl and use a dressing of your choice.

NUTRITION PER SERVING

351 CALORIES | 33 g PROTEIN | 45 g CARBS | 7 g FAT

POTENT

This salad has **14 grams of fibre**. If preferred, substitute another protein for the egg whites.





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GET MORE RECIPES

Chef Robert Irvine's new book, *Fit Fuel*, is available now at fitfuelbook.com



QUICK TIP

Try soaking the plank in wine or cider for extra flavour. Tabasco-flavoured wood chips can offer subtle heat.

Quick & Easy

The only thing better than the flavour of this cedar plank salmon: how simple it is to make.

CEDAR PLANK SALMON

MAKES 2 SERVINGS

FOR THE SALMON

- 2 175 g salmon fillets, skin off
- 1 tsp olive oil
- Maldon sea salt, to taste
- Pepper, to taste

FOR THE CHIPOTLE RICOTTA

- 1 tbsp chipotle in adobo sauce
- 60 g ricotta cheese
- Salt and pepper, to taste

FOR THE CITRUS AVOCADO SALSA

- 1 tbsp orange juice
- 1 tbsp lemon juice

- ½ avocado, diced
- 1 tbsp diced tomato
- 1 tbsp diced yellow onion
- 1 tbsp chopped coriander
- 1 tbsp chopped mint
- Salt and pepper, to taste

SALMON

1. Preheat grill to medium-high heat.
2. Rub salmon fillets with oil and season with salt and pepper. Lay salmon on a cedar plank.
3. Place plank on the

centre of grill and cover. Cook for 10 minutes, or until internal temperature reaches 49°C.

4. Serve with chipotle ricotta and citrus avocado salsa.

CHIPOTLE RICOTTA

1. In a blender, puree the chipotle until smooth. Mix in ricotta, salt, and pepper.

CITRUS AVOCADO SALSA

1. Mix ingredients gently.

NUTRITION PER SERVING

485 CALORIES	48g PROTEIN
8g CARBS	28g FAT



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COMPLETE PROTEIN

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1

WHIP UP A BREAKFAST BOWL

In a pot, bring 40 g rinsed quinoa, 120 ml water, and a pinch of salt to a boil. Reduce heat, cover, and simmer 10 to 12 minutes or until quinoa is cooked. Coat the bottom of a bowl with 120 g nonfat Greek yoghurt. Add in cooled quinoa, 75 g berries of choice, and 25 g sliced almonds. Drizzle with honey.

2

TOSS A SALAD

Combine juice of 1 lemon, 1 minced garlic clove, and 65 ml olive oil in a bowl. Add half of this dressing to 750 g cooked quinoa, toss, and chill for 5 minutes. Add 300 g sliced cherry tomatoes, 1 medium chopped cucumber, 1 tbsp chopped parsley, and the remaining dressing.

3

SAUTÉ IT WITH PINEAPPLE

In a pan, combine 1 tbsp olive oil, 3 diced garlic cloves, and 1 medium diced onion and cook for 5 minutes. Add 1 diced red pepper and 150 g diced pineapple and cook until pineapple is soft. Mix in 750 g cooked quinoa and 1 tbsp coriander. Cook 1 minute and serve.

4

BAKE A CASSEROLE

Preheat oven to 180°C / Gas Mark 4. In a pan, heat 1 tbsp oil and 1 small, diced yellow onion. Add in 2 chopped broccoli heads; sauté 5 minutes. Slowly stir in 240 ml milk and 115 g grated cheese. Add 150 g rinsed quinoa and stir. Transfer to greased baking dish. Bake for 10 to 15 minutes.

5

MAKE A STUFFING

Preheat oven to 190°C / Gas Mark 5. In a pan, combine 3 chopped garlic cloves, 1 chopped yellow onion, and 1 medium chopped courgette; cook 10 minutes, then combine with 750 g cooked quinoa, 2 chopped plum tomatoes, and 1 tbsp chopped parsley. Stuff 6 small seeded, halved peppers with mixture. Bake in foil-covered dish for 30 minutes. Remove foil. Bake 20 minutes.

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FIT FACT

If you want to add size, beef is prime protein. It contains about 2 grams of creatine per 450 grams.

BEEF WITH BROCCOLI

YIELDS 4 SERVINGS

- $\frac{2}{3}$ 160 ml low-sodium soy sauce
- 2 tbsp honey
- 2 tsp sesame oil
- 2 cloves of garlic, minced
- 2 tsp grated fresh ginger
- $\frac{1}{4}$ tsp crushed red pepper flakes
- 675 g skirt steak, cut into 2.5 cm thin slices
- 1 tsp canola oil
- 225 g broccoli florets

1. Whisk soy sauce, honey, sesame oil, garlic, ginger, and red pepper flakes in a bowl. Place steak in a shallow dish. Pour half the marinade over steak. Marinate for 20 minutes. Save leftover marinade.
2. Heat the canola oil in a large nonstick skillet or wok over high heat. Remove beef from marinade and cook 5 minutes.
3. Add broccoli and remaining marinade and stir-fry up to 5 minutes, or until broccoli is crisp-tender. Serve beef mixture over rice, if desired.

NUTRITION PER SERVING

449 CALORIES | **50g** PROTEIN | **16g** CARBS | **28g** FAT

Beefed-Up Veggies

Everyone likes Chinese takeout, but it comes with excessive salt and oil. We made a better beef and broccoli that doesn't sacrifice flavour or muscle-building benefits. **BY NICOLE DONNELLY**

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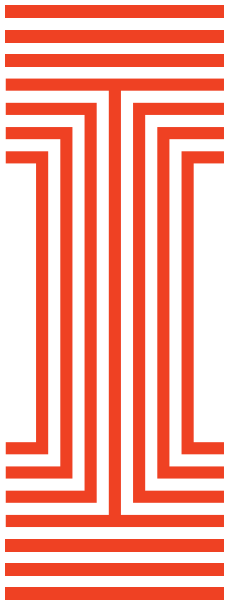
WANT GREAT LUNGS AS WELL AS A GREAT BODY? TRY THIS HYBRID BODY BLAST BY RYAN TERRY, EUROPE'S FIRST MEN'S PHYSIQUE OLYMPIAN.

RT

RYAN TERRY: FIT AND FUNCTIONAL

RT

BY JOHN PLUMMER / PHOTOGRAPHY BY CHRISTOPHER BAILEY



IT'S THE HOLY GRAIL

of fitness—a physique that performs as well as it looks.

Ryan Terry, who this year became the first European to qualify for the men's physique contest at the Olympia weekend in Las Vegas, has never had a problem with the latter.

Terry won the world's most prestigious male beauty pageant, Mister International, in Indonesia in 2010 and has modelled underwear for Calvin Klein.

He got serious about weight training a few years ago and won his first men's physique contest—the UK Nationals—in 2013. After winning the overall Arnold Classic Europe and British Championships the same year, he was awarded his IFBB pro card then recorded back-to-back victories in America to qualify for the Olympia, the most prestigious show on earth. But how well can his perfect form perform?

Terry decided to find out this year by experimenting with some gruelling functional fitness workouts. Every Sunday, in the run-up to his run of three contests in six weeks in America, he swapped one of his usual steady-state cardio sessions for an ultra-intense hour-long circuit session.

Many physique athletes in contest mode shy away from this kind of workout, fearing it might burn their hard-earned gains. They prefer the relative comfort of the treadmill. But the fact that Terry won two out of three of his competitions, and finished second in the other, suggests having a good set of lungs is not incompatible with a first-class physique.

"I did a circuit every Sunday in the run-up to my wins in Miami and Pittsburgh," says Terry. "All the exercises described in this article were included at some point."

Terry joined fellow members of Team Foodtech for the circuit, which made it fun and competitive. "It was a great way of shocking my body, adding variety to my routine and burning fat," he says. "Contest prep can get a bit tedious and doing something completely different like this helped me stay motivated."

"I still did my usual bodybuilding training and regular cardio during the

week but I thought this would give me something extra."

Don't be fooled by the fact that this photoshoot took place in a CrossFit gym. It is a hybrid functional fitness workout designed by Terry for guys who train primarily for aesthetics.

It combines bodybuilding moves like biceps curls with old-school bodyweight exercises like pull-ups and metabolic killers like tyre flips, with a little strong-man thrown into the mix in the shape of lifting beer barrels, which can be substituted for barbells. The only CrossFit move is the overhead barbell lunge.

"It's functional training for an all round physique workout," says Terry. "It's designed to strengthen the core and shock your body. My day-to-day training is bodybuilding, so this spices things up and keeps things exciting."

He admits he struggled at first: "It was hard work because I wasn't used to it. But within three or four sessions, I was starting to see improvements and it helped to get me into great shape for my wins in Pittsburgh and Miami."

RYAN TERRY

AGE

28

PLACE OF BIRTH

Worksop, Nottinghamshire

LIVES

Retford, Nottinghamshire

HEIGHT

178 cm

WEIGHT

90 kg off-season; 87 kg contest

CAREER HIGHLIGHT

Two-time US pro show winner and Olympia qualification.

AMBITION

To be one of the best in the world in men's physique.

TRAINING ADVICE

Experiment and find what works for you then be consistent in your training and nutrition.

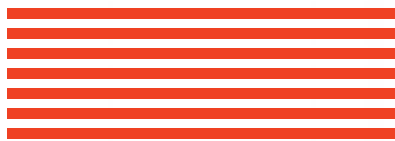
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TO CONTACT

Instagram @ryanjterry





TRY THIS WORKOUT

This isn't a hypertrophy workout. The goal is to increase fitness levels and get shredded, so concentrate on form and endurance rather than heavy weights. Most sets are performed for a set period of time rather than a set number of reps in order to build stamina. Rest for just a maximum of 30 to 60 seconds between sets.

WIDE GRIP PULL-UP

Do 3 sets to failure on wide grip followed by 3 sets to failure on narrow grip.

"Keep your body completely straight throughout the movement and focus on keeping your lats spread at all times. This exercise is not about how many reps you do—it's about getting a continuous contraction in your back. If using your own body weight is too easy, you can put a weighted belt around you; if it's too difficult, you can get a partner to assist lifting you or you can use a machine. Just focus on form."



This exercise is not about how many reps you do—it's about getting a continuous contraction in your back."

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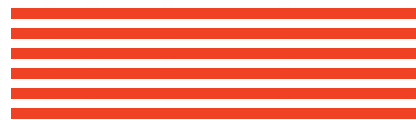


**Your
shoulders
will be killing
by the end.”**

MILITARY PRESS

Do 4 sets to failure.

“If you can’t find a barrel, you can use a barbell. Lift it from the ground, press it above your head, then lower it to the ground and repeat as many times as you can. Your shoulders will be killing you by the end and lifting it from the ground each time, rather than just pressing it, will also strengthen your core.”



BARBELL CURLS

Do 1 warm-up set of 15-20 reps then 3 working sets of 10-12 reps and a final drop set.

“Most men’s physique guys, myself included, want bigger arms, which is why I’ve adapted the circuit to include this exercise. Keep your back straight, your elbows tucked in tightly to your waist, and go for a full contraction of the biceps. Slow the move right down and ensure there’s no swinging.”





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RING DIPS

Do 4 sets to failure.

"Dips on rings are so much harder than they are on machines. Your core has to be completely tight to stop the rings going outwards. After attempting this, I'm not surprised gymnasts are so strong. It's so tough, but great for your triceps. If you don't have rings or find them too difficult, use a machine instead or improvise with a bench."



**It's
so tough, but
great for your
triceps."**



OVERHEAD BARBELL LUNGE

Do 4 x 10 lunges on each leg.



"This is a CrossFit exercise and I can't over-emphasise the importance of good form and not using too much weight. Clean the bar off the ground then press it overhead and rest it on your traps. Widen your grip slightly then press the bar overhead again and, keeping it there at all times, lunge for 10 strides on each leg. Your arms must stay locked out tight throughout and your head should stay upright so you don't strain your neck. Go for good length and depth on each lunge. This exercise taxes your entire body and is great for core strength. You have to stay tight."



HANGING ABDOMINAL TWIST

Do 4 x 10-12 on each side.

“This is a great exercise for your midsection. It really works your obliques and core. Your upper body should be completely still and straight as you raise your legs to the side and then twist to the other side. Lower and repeat.”



TYRE FLIPS

Do 4 x 1 minute of flips.

“This is a great exercise to finish that uses every muscle in the body. It requires a lot of oxygen in your lungs so it's excellent for fat burning. People who have never flipped a tyre tend to stand away from it and try to lift but you have to get close to it and sumo squat it up with a wide stance with your feet pointing outwards. Don't arch your lower back to lift it.”



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FROM BODY-PART
SPLITS AND ADD
SIZE BY HITTING
EVERY MUSCLE
FOUR TIMES
PER WEEK.



MAKE 4X THE GAINS

HIGHER FREQUENCY = MORE MUSCLE

BY CHAD WATERBURY PHOTOGRAPHS BY JASON ELLIS

AS IS TRUE WITH ALMOST ANY SKILL, the more you lift, the better you get at it (and the bigger you get as a result of it). The more frequently you train a muscle, the faster it's going to respond by growing. So if you've only ever trained one or two body parts in a session—totalling only one or two sessions for that area in a week—prepare to switch to a full-body, high-frequency routine that will bring gains at mind-blowing speed.

The problem with high-volume body-part splits is that they beat your muscles into the ground. For instance, if your chest day contains five or so different exercises for the

pecs, they'll need several days to recover before they can be worked again. It's great to train a muscle from all the angles and improve its work capacity, but going so long

between workouts robs it of a chance to be exposed to the training stimulus again sooner, and that's blowing an opportunity for growth.

To train a muscle more often, you have to reduce the work you give it in a single session, but that's OK. Instead of working your chest with 12 sets in one session, you might do 12 total sets over the course of a whole week, with each session building on the gains of the previous one. But just cutting back on the

volume in a workout isn't enough to ensure recovery. You have to be careful about exercise selection, too.

While muscles respond well to being worked often, the joints can resent it big time. Doing heavy bench presses one day followed by shoulder pressing and dips on other days will be hell on your shoulder joints and set you up for injury. To train often and safely, you need to pick mainly joint-friendly exercises and keep recovery foremost in mind, and that's why you'll see various chest-supported rowing movements and body-weight exercises in our programme.

Training the whole body in each session will ensure you make balanced gains and work the same muscles four different times in a single week. Think about it: If you were hitting your arms once a week, that's 52 arm workouts a year. If you start hitting them four times a week, that's a whopping 208 arm workouts per year. Think your arms might be bigger after that?

PULLUP/LAT PULLDOWN

Pull yourself up (or the bar down) until your chin is over it and the bar nearly touches your collarbone. Hold this position.

FEET-ELEVATED PUSHUP

Rest your feet on a bench or other elevated surface that allows you to perform all the given reps. Begin in the top of the pushup position and try to pull your hands together. They won't move but actively trying to slide them together in front of your chest will activate more pec fibres. This is the position of the hold.

CHEST-SUPPORTED REAR-DELT RAISE

Set the bench to a 45-degree angle and lie with your chest against it. Grasp a dumbbell in each hand and raise the weights up until your upper arms are parallel to the floor. Hold that position.



GOBLET SQUAT

Stand with feet shoulder-width apart and toes turned slightly out. Hold a dumbbell or kettlebell with both hands under your chin. Push your hips back and lower your body into a deep squat. Hold this bottom position.

CABLE BENCH PRESS

Attach D-handles to the low pulleys of two facing cable stations. Place a bench in the middle, lie back on it, and grasp the handles. Carefully press the handles over your chest one at a time and hold the finished (pressed) position. Lower the handles until your upper arms are parallel to the floor—no lower—and press up together on each rep.

CHEST-SUPPORTED ROW, PALMS UP

Set the bench to a 70-degree angle and perform the row with your palms facing up. Hold the top position.

4

DECLINE BENCH PRESS

Set the bench to a 15- to 20-degree decline and perform a bench press with hands set shoulder-width apart. Lower the bar to your sternum. Hold the up (pressed) position.

LATERAL RAISE

Raise the weights out to your sides so they're level with your ears. Hold that position to begin each set.

4

**BULGARIAN
SPLIT SQUAT**

Hold a dumbbell in each hand (or use your body weight alone) and rest the top of one foot on a bench behind you. The bench should be at lunge length so that, when you descend, your front knee doesn't travel in front of your toes. Keep your torso vertical and lower your body until your rear knee nearly touches the floor—hold this position. On your reps, come up until you're standing tall after each descent. Perform all your reps on one leg and then repeat on the other side immediately.

**CHEST-SUPPORTED
DUMBBELL
ROW**

Set the bench to a 45-degree angle and lie on it chestdown with a dumbbell in each hand. With your palms facing each other, draw your shoulder blades back and together as you row the weights to your sides. Begin each set by holding the finished (rowed) position.



HIGH FREQUENCY

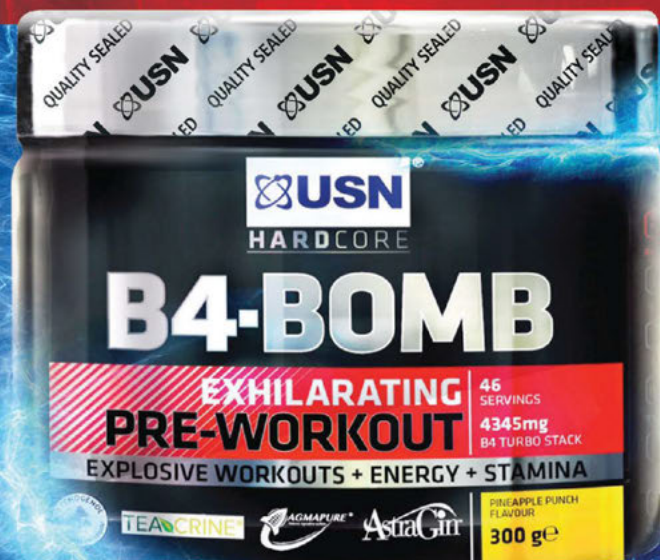


4

NEUTRAL-GRIP FRONT RAISE

Hold dumbbells with your palms facing each other and raise them up to eye level at a slight angle from your torso so your arms form a Y-shape.

SMASH THROUGH YOUR BARRIERS



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MONDAY WORKOUT A

EXERCISE	SETS	REPS	REST
Chest-supported Dumbbell Row	3	*	90 sec.
Cable Bench Press	3	*	90 sec.
Bulgarian Split Squat	2	*	90 sec.
Lateral Raise	3	*	90 sec.

TUESDAY WORKOUT B

EXERCISE	SETS	REPS	REST
Pullup (or Lat Pulldown)	3	*	90 sec.
Feet-elevated Pushup	3	*	90 sec.
Barbell Hip Thrust	3	*	90 sec.
Chest-supported Rear-delt Raise	3	*	90 sec.

THURSDAY WORKOUT C

EXERCISE	SETS	REPS	REST
Chest-supported Row, Palms Up	3	*	90 sec.
Decline Bench Press	3	*	90 sec.
Goblet Squat	3	*	90 sec.
Neutral-grip Front Raise	3	*	90 sec.

*In Weeks 1 and 2, begin every set of every exercise with a five-second static hold. That means you'll hold a certain point in the range of motion for that lift. (See the exercise descriptions for how to do this for each lift individually.) Immediately afterward, perform five full range of motion reps. Rest 10 seconds and perform a four-second hold, followed by four full-range reps. Rest 10 more seconds, do a three-second hold, then three reps. All of the above equals one set.

In Weeks 3 and 4, do a six-second hold and six reps; work down to a four-second hold and four reps.

In Weeks 5 and 6, do a seven-second hold and seven reps; work down to a five-second hold and five reps.

6-WEEK PROGRAMME

You'll train four days a week on a rotating schedule. So you'll do Workouts A through C Monday through Thursday, and then you'll repeat the cycle with Workout A again on Saturday. (You'll pick up next Monday with Workout B.)

Each workout consists of exercises that are paired and alternated, so you'll do one set for the first exercise in the pair, rest, then a set for the second exercise, rest again, and repeat until all sets for that pair are complete.

BARBELL HIP THRUST

Sit on the floor and roll a loaded barbell into your lap. Lie back against a bench so your upper back is supported and plant your heels close to you on the floor. Brace your abs and drive your heels into the floor to raise your hips up in the air and hold the position. Lower your butt back to the floor to begin your reps.



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TRICEPS PUSHDOWN

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Keep your upper arms at your sides and extend the elbows. Hold the extended position to begin the set.

4



ARM AND CALF SPECIALIZATION

If you want to target your arms and/or calves for extra growth over our six-week plan, place this circuit at the end of any two of the workouts. For example, you could tack it onto the end of Monday's and Thursday's sessions. Perform one set of each exercise in sequence and repeat for three total rounds. Rest 60 seconds between exercises.

Note that these exercises are done the same way as all the others, alternating isometrics with full reps.

Set a bench to a 70-degree angle and lie against it chestdown with a dumbbell in each hand, palms facing each other. Curl the weights up and twist your wrists as they rise so your palms face up at the top. Hold the top (curled) position.

Perform pushdowns with a rope handle attachment. Hold the extended position.

Stand on one foot on a block or step and perform calf raises. Hold the top position where your heel is high in the air. Perform all your reps on one leg and then repeat on the other side immediately. **M&F**

CHAD WATERBURY

is the author of
HFT2, available at
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THE *M&F* MATCH DAY PARTY

When your mates come around to watch the match, don't serve up the usual pizza or curry, which will blow up your waistline and turn the clock back on your gains. Try our match day recipes which aren't just better for your health and physique—they taste better, too!

CHEF'S TIP

Remove burgers from the fridge 30 minutes before cooking to let them return to room temperature to ensure more even cooking.



1

BY CHEF GAVAN MURPHY
PHOTOGRAPHS BY JODY HORTON



1 TURKEY TARRAGON SLIDERS

SERVES 4

1 **tblsp** olive oil
 120 **g** finely diced red onion
 1 large garlic clove, minced
 225 **g** organic minced turkey
 (50% white meat, 50% dark)
 2 **tblsp** chopped fresh tarragon
 Zest of ½ lemon
 2 **tsp** whole-grain mustard
 ½ **tsp** salt
 ¼ **tsp** pepper
 4 mini burger buns

FOR GARNISH:

Cheese slices
 Rocket
 Grilled tomato slices

- 1) Preheat a sauté pan over medium heat. Add olive oil and sauté onion for 1 minute. Add garlic and cook for another minute. Remove from heat and let cool.
- 2) In a large bowl, add cooled onions to minced turkey along with tarragon, lemon zest, mustard, salt, and pepper. With clean hands, mix well. Form evenly into 4 patties.
- 3) Preheat a grill to high heat. Cook each burger for 3 to 4 minutes on each side, or until cooked through and internal temperature reaches 72°C.
- 4) Place burgers on buns. If desired, garnish with cheese, rocket, and grilled tomato.

MACROS PER SERVING

363 CALORIES	26g PROTEIN	24g CARBS	18g FAT
------------------------	-----------------------	---------------------	-------------------

2 BEER MARGARITA

SERVES 4

2 330 **ml** bottles lager beer, chilled
 125 **ml** defrosted frozen limeade
 125 **ml** tequila
 1 **cup** ice
 Salt (optional)
 1 burnt lime (optional)

- 1) Put the beer, limeade, tequila, and ice in a jug and mix.
- 2) If desired, salt the rim of a serving glass: Moisten rim with water; dip into plate of salt.
- 3) Pour margarita into glass. If desired, garnish with wedge of burnt lime: Cut 1 lime in half; sauté on high heat in pan for 2 to 3 minutes to brown. Cool; cut into wedges.

MACROS PER SERVING

214 CALORIES	0g PROTEIN	27g CARBS	0g FAT
------------------------	----------------------	---------------------	------------------



3

BUFFALO SURF 'N' TURF

SERVES 8

185 ml hot sauce
1 tbsp smoked paprika
3 cloves garlic, minced
Zest of 2 lemons
4 tbsp apple-cider vinegar
4 tbsp grape-seed oil
¼ tsp salt
450 g large prawns, peeled and deveined
900 g chicken wings (wingettes and drumettes)

FOR DIPPING SAUCE:

1 kg low- or nonfat Greek yoghurt
35 g blue cheese
Zest of 1 lemon
Juice of ½ lemon
1 tbsp chopped chives
 Salt and pepper, to taste

- 1)** Make buffalo sauce: In a large bowl, mix together hot sauce, paprika, garlic, lemon zest, vinegar, oil, and salt. Taste and add more hot sauce if desired. (But be careful: The heat will increase once the buffalo sauce has been sitting for a while.)
- 2)** Divide buffalo sauce into 2 ziplock bags. Put prawns in one bag and chicken wings in the other; seal bags and shake to coat.
- 3)** Preheat oven to 200°C / Gas Mark 6.
- 4)** Lay wings on a foil-covered tray in a single layer. Roast for 40 minutes until browned and cooked through.
- 5)** Make dipping sauce: Blend all ingredients except chives in a blender for 30 seconds, then fold in chives. Refrigerate.
- 6)** When wings are almost ready, sauté or grill prawns for 2 minutes on each side until firm to touch. Serve prawns and wings with dipping sauce, as well as celery and carrot sticks if desired.

NOTE: If marinating chicken ahead of time, make sure to remove from the fridge 30 minutes before cooking to return to room temperature. This will ensure even cooking.

MACROS PER SERVING

616
CALORIES

44g
PROTEIN

30g
CARBS

34g
FAT

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4

CHICKEN SAUSAGE & PEPPERS

SERVES 4

4 chicken sausage links
 1 **tbsp** olive oil
 100 **g** sliced red pepper
 100 **g** sliced yellow bell pepper
 115 **g** sliced red onion
 Salt and pepper, to taste
 1 **clove** garlic, minced
 2 **tbsp** chopped chives
 2 **tbsp** balsamic vinegar

1) Preheat a grill pan over high heat. Sear sausages on all sides. Remove and slice diagonally into 13 mm slices.

2) In a large sauté pan, add the oil, peppers, and onion and sauté on medium heat. Add salt and pepper. Cover to steam.

3) Stir every minute until vegetables soften, about 5 minutes.

4) Once vegetables are soft, remove the lid, add garlic, and cook uncovered until the peppers and onions caramelize (brown), about 5 minutes, stirring occasionally.

5) Add the sliced sausage and sauté for 3 minutes.

6) Remove from heat and add chives and balsamic vinegar.

7) Serve on a plate, or, if you don't mind the extra carbs, on a toasted whole-wheat roll.

NOTE: Caramelizing the peppers and onions brings out the natural sugar, which sweetens the dish.

MACROS PER SERVING

194
CALORIES

17g
PROTEIN

14g
CARBS

7g
FAT



FOR THE ELITE

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EXTREME COMPETITOR*



5

DIP DUO & CHIPS

SERVES 8

TEXAS CAVIAR

2 (400 g) cans black-eyed peas, drained
300 g corn (fresh or frozen)
115 g finely diced red onion
1 red pepper, finely diced
1 jalapeño, seeded and minced
1 tbsp minced fresh coriander
3 spring onions, thinly sliced
4 tsp olive oil
2 tbsp red-wine vinegar
 Juice of 1 lime
 Salt and pepper, to taste

- 1) In a large bowl, mix all ingredients.
- 2) Cover and refrigerate for at least 1 hour, up to 24 hours.

SUN-DRIED TOMATO ARTICHOKE HUMMUS

1 400 g can chickpeas, drained
35 g sun-dried tomatoes
80 g marinated baby artichokes
2 tbsp fresh basil
1 tsp salt
¼ tsp white pepper
2 tbsp sun-dried tomato oil
2 tbsp artichoke oil
1 tbsp cold water (or more for desired consistency)

- 1) Blend all ingredients except the oils and water in a blender.
- 2) Puree, adding oils gradually; add water gradually and puree until smooth.

BAKED PITTA CHIPS

4 pitta rounds, each cut into 8 pieces
1 tbsp olive oil
2 tsp ground cumin
 Salt and pepper, to taste

- 1) Preheat oven to 200°C / Gas Mark 6.
- 2) In a bowl, toss pitta with oil, cumin, salt, and pepper.
- 3) Place pitta on a baking sheet in a single layer. Bake, turning once, until crisp, about 10 minutes. Watch closely to avoid burning.

MACROS PER SERVING

401 CALORIES	13g PROTEIN	52g CARBS	18g FAT
------------------------	-----------------------	---------------------	-------------------

CHEF'S TIP

If you cook the pitta chips until they're completely crispy, they will end up being too dry when cooled.

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6

CHILLI CON CARNE

SERVES 6

450 g skirt steak

Salt, pepper, onion powder, and
garlic powder, to taste

1 tbsp grape-seed oil

1 tbsp olive oil

115 g medium-diced white onion

2 cloves garlic, minced

2 tsp ground cumin

2 tsp ground coriander

2 tsp paprika

950 ml tinned diced tomatoes

1 tbsp tomato puree

2 (400 g) cans red kidney beans,
drained

950 ml low-sodium beef stock

1) Season steak on both sides with salt, pepper, onion powder, and garlic powder.

2) Preheat a sauté pan over medium-high heat. Add grape-seed oil and sear steak for 3 to 4 minutes on each side until golden brown. Remove from heat; let rest for 2 minutes. Slice into 6-mm slices; set aside.

3) Preheat a large soup pot over medium heat. Add olive oil and onion and sauté for 2 minutes. Add garlic, cumin, coriander, and paprika, stir to combine, and cook for 1 minute.

4) Add tomatoes, puree, beans, and stock. Bring to a boil, reduce heat to simmer, and add steak, plus any accumulated juices. Cook for 1 hour, or until beef is tender.

5) Serve in bowls and, if desired, garnish with chopped fresh coriander and spring onion. **M&F**

MACROS PER SERVING

556
CALORIES

54g
PROTEIN

31g
CARBS

24g
FAT





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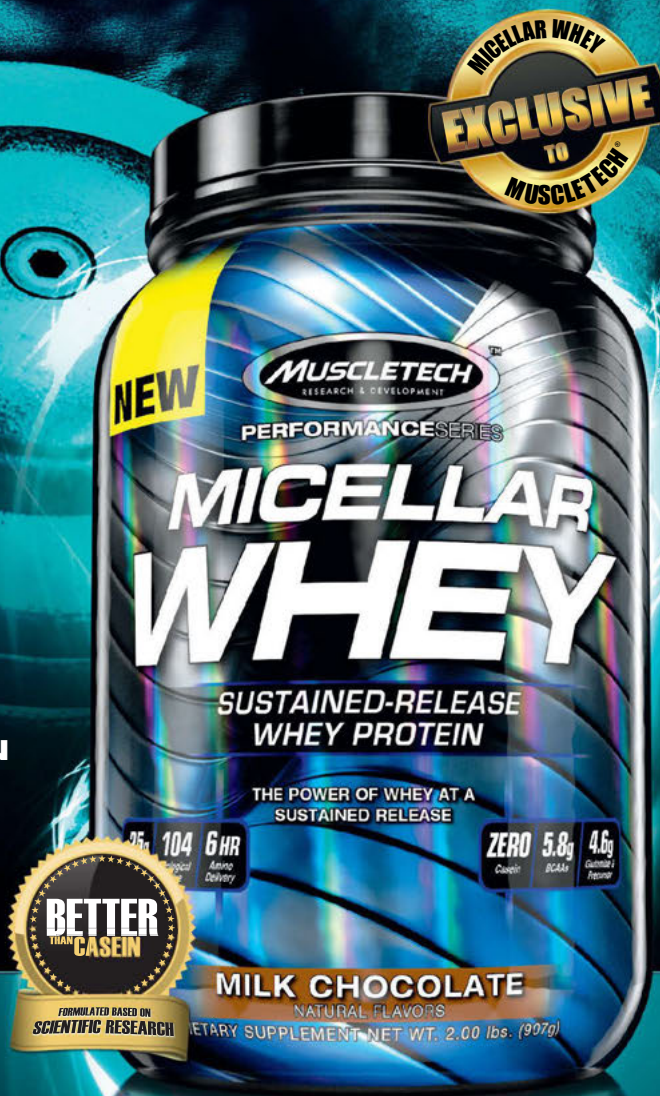
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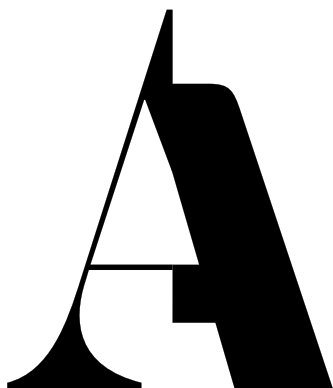




THE STRENGTH WITHIN HER

WHEN WORLD CHAMPION POWERLIFTER **MATT KROCZALESKI** CAME OUT AS A TRANSGENDER WOMAN, **JANAE MARIE**, THE NEWS TURNED THE FITNESS WORLD UPSIDE DOWN. NOW LIVING IN THE OPEN, THE UNBREAKABLE IMAGE SHE FORGED AS AN ATHLETE WILL BE PUT TO THE ULTIMATE TEST.

BY MATT TUTHILL | PHOTOGRAPHS BY PER BERNAL



ANY SMALL UNDERGROUND

gym gets the “dungeon” nickname by default, but the one that Matt Kroczaleski built in the basement of his suburban Michigan home in a cookie-cutter subdivision of Ypsilanti between Ann Arbor and Detroit is the only one you might confuse for an actual dungeon. The top half of the poured-concrete walls is covered in blood-red spray paint; the bottom half in black. Dozens of heavy chains and thick rubber bands hang from pegs on the wall. All of it is standard powerlifting gear, but the setting makes it look designed for torture.

By the time you find his custom gear—the fabled “Kroc Row” dumbbells, which can be loaded up to 136 kg, and a 114-kg length of telephone pole that he would drape across his shoulders for walking lunges in deep snow—the sinister atmosphere is complete. Matt once described the gym’s concept as “descending into hell.”

The sport of powerlifting exacts a toll on the body that is rivalled by only a handful of other extreme sports, but Matt, who fans simply called “Kroc,” had an uncommon obsession for shattering records that seemed to ignore all consequences. The price he paid came in the form of several muscle tears over the years: left calf, right quad, left lat, left pec, both biceps, and both triceps. The intracranial pressure accrued during his squat sessions twice caused severe haemorrhaging.

That was just the cost of training. His particular brand of contest prep would kill most men. When cutting weight before a powerlifting meet, he could lose 16 kg in a 24-hour period; he’d wear several sweat suits, get into his car in the middle of the summer, roll up the windows, turn the heat on

full blast, and drive around for hours. Any weight he didn’t lose in the car came off in his bathroom, where, after stuffing all the vents with towels, he drove the temperature up to 65° by running a hot shower all night. He’d go in and out of his makeshift sauna for 30-minute bouts, foregoing sleep, until he hit his target. After the weigh-in, he could gain all the weight back by eating and drinking Gatorade nonstop until the meet.

He didn’t just survive these bizarre rituals, he got on the lifting platform the next day and decimated the rest of the field. In 2009, he set the powerlifting world record in the 220-pound weight class, squatting 455 kg, deadlifting 368, and benching 355 for a staggering three-lift total of 1158.

Suffice it to say, the home gym was appropriate for the style of training Matt was known for. The monolift set against the wall saw some brutal, spine-crushing squat sessions. There’s a Texas Power Bar, thicker and 4 1/2 kg heavier than a standard bar, meant to withstand the rigours of pro powerlifting. It is bent into a sharp, permanent parabola, useless, discarded in the corner. On the



EVEN AT A YOUNG AGE, YOU KNOW THAT SOMETHING LIKE THAT ISN'T GOING TO BE RECEIVED WELL. I WAS TERRIFIED AT WHAT PEOPLE WOULD THINK.

opposite side of the gym there is a jack to make it easier to load the bar with the amount of plates he needed for his deadlifting sessions; when you can pull more than 363 kg, your rep work is in excess of 227. Neighbors didn't complain of noise but that their houses shook when he dropped the weight.

In one corner, there are shelves lined with old bodybuilding and powerlifting magazines, copies of Matt's book, *Insane Training*, and his DVD, *Intensity*, alongside boxes of "Kroc Row" T-shirts. There are also

several copies of an old issue of *Power* magazine with Matt on the cover for what was, at that time, an amazing transition—his shift from powerlifter to bodybuilder.

Hidden under the stairs is another stack of old magazines: *Cosmopolitan*, *Elle*, *Marie Claire*, and *Glamour*. They were all saved for hair, makeup, and fashion ideas—for the day "Kroc" could fade away and Janae could reveal herself as the woman she always knew she was on the inside.

That day came sooner than expected. On July 27, 2015, YouTube

A MASCULINE IDEAL Known to fans as "Kroc," Matt was revered not just for his feats of strength but also for his incredible physique, which enabled him to get into competitive bodybuilding in the late 2000s.

user luimarco posted a video outing Matt as the Instagram user @janaemarirok, a transgender woman whose profile describes her as "Transgender/genderfluid Alpha male/girly girl Lesbian in a male body Single at the moment."

By the time the news hit powerlifting forums, Janae was done hiding. She logged on as Matt and addressed her critics. She wasn't angry. She was ready to tell the world what only her family and closest friends had already known. Yes, she was transgender. She was born biologically male but identified as female for as far back as memory serves.

"I can remember being 5, 6 years old and already having these feelings of needing to be female," Janae says. "I would daydream about being a girl. I'd be doing the things I'd normally do, but doing them as a girl. There was a lot of shame. I didn't know why I felt that way."

On the day of her *M&F* photo shoot, Janae is sitting in a tall director's chair in the middle of her kitchen. A makeup artist is working on a brand-new look, and Janae is cooing throughout the process. At the moment, she still looks a lot like Matt. The 109 kg of lean muscle she amassed during several decades of powerlifting and bodybuilding aren't going away overnight. The haircut is another factor. She still sports a uniform standard high-and-tight fade that dates back to Matt's days as a Marine working security for President Bill Clinton at Camp David.

She's wearing a black Nike Dri-Fit tank top, leopard-print capri length

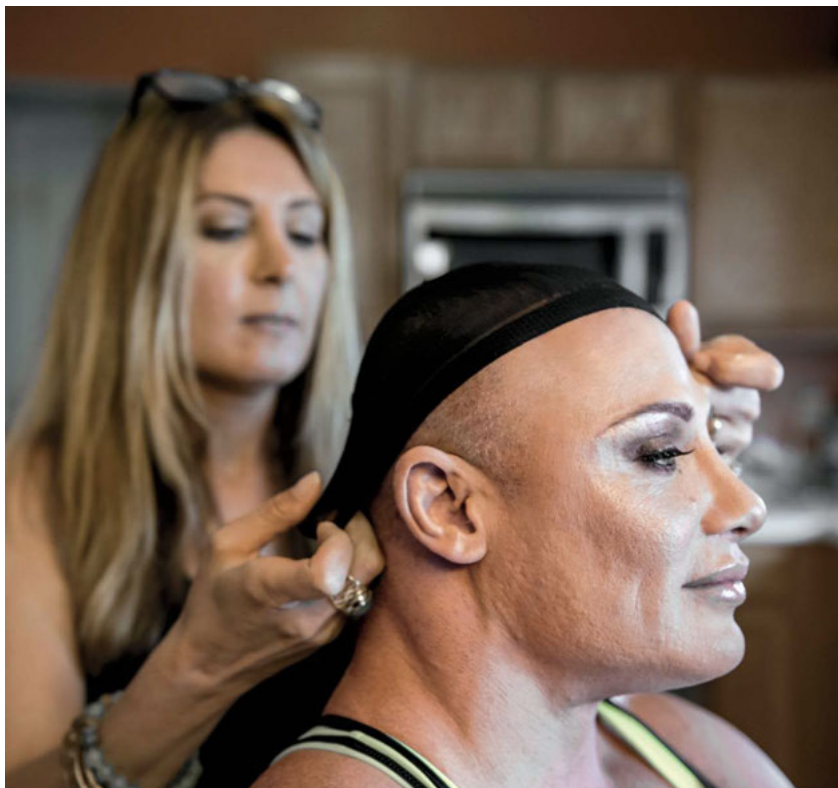
tights, and a pair of purple and turquoise Air Max sneakers. She's asking the makeup artist a question about where she bought her brushes. Her cat, Dawkins, a hairless Sphynx named after the famed atheist and author Richard Dawkins, darts around the kitchen, curious at the activity, protective of her owner.

When the foundation and eyeliner have been applied, it's time for the wig. Janae has several to choose from—curly wigs that would be better suited to glamour shots, and straight ones designed for everyday use. Janae chooses one of the latter, and the makeup artist puts it on. When everything is set, Janae walks into the bathroom to have a look and returns a few minutes later, sombre.

"It's even better than I hoped," she says, taking a deep breath. She hugs the makeup artist, fighting back tears.

The makeup artist suggests that Janae try on a different outfit before the shoot begins, so they head upstairs with the photographer to review options.

In her bedroom, Janae pulls a pile of workout clothes out of the dresser and goes to the bathroom to change. On top of her dresser, there are two stacks of books. The stack on the left is a collection of texts on rebuilding classic Camaros that Janae has been referencing for her latest project. She's got a '67 in her garage; it's black with white racing stripes, and she's about to install a custom big block engine that will give it more than 700 horsepower. The stack of books on the right is more varied; there are a few graphic novels, including Marvel's *The Infinity Gauntlet*, and on top, a medical text on facial feminization surgery. The last of these is weathered and shows signs of having been read several times. Janae recently underwent several such procedures: to narrow her nose and upturn the tip, make her cheekbones more pronounced, lift her eyebrows, and shorten the



CAMERA READY When she was known as Matt, Janae did countless photo shoots for bodybuilding and powerlifting magazines. Here, a makeup artist helps her prep for her first photo shoot as Janae.



distance between her upper lip and nose. Next to this stack of books sit three sets of breathtakingly lifelike prosthetic breasts.

She has yet to take any measures to lighten her voice, but today it is noticeably more feminine than the way she spoke in years past, a natural, subconscious affectation, she says, of dressing as Janae.

On a high shelf in the corner there is a collection of a dozen powerlifting trophies. Janae emerges with a more subtle, colour-coordinated outfit and sees the photographer and makeup artist examining the hardware.

"This isn't all of them," she says. "There's no room for all of them."

"But this one is the most important one," she adds, pulling up a wig to reveal a large statue of a man, rippling with muscle. "I got it when I set the world record." A sparkling necklace hangs around its neck.

"I guess that is ironic," Janae admits with a stifled laugh. "But I'm not covering these up. I honestly just don't have enough wig heads."

There's some debate with the photographer over what to shoot. He tells Janae he just wants her to be comfortable.

"Well, I won't be able to lift much," Janae says. "I mean, I can, but I've tried to train as Janae before and it just didn't feel right. I guess I could lift a little bit of light weight."

Light, of course, is still at least 143 kg on any lift.

"I wish I had more time to diet for this," she adds, echoing a common bodybuilder's gripe. But she's not talking about "dialing in" her diet to

look more ripped. She's talking about losing 36 kg of muscle.

It's an unfathomable proposition for many of Matt's fans. Other champions in the world of strength sports might have had similar training stories, but Matt was the one guy in powerlifting whom men outside the sport idolized because they didn't just want to be able to do the things he could do, they wanted to look like him, too. Unless you caught him in a bulking or "bloat" phase, the square-jawed brute had a default look that was 114 kg of muscle with six-pack abs. At 175 cm he was built like a breeze block, exuding a textbook masculine ideal.

When an athlete combines this many rare and coveted qualities, he's placed on a pedestal propped up with endless superlatives, none used more frequently, or affectionately, than the term *freak*.

Since coming out, the word *freak* has been used in Internet forums to describe Janae, though it is no longer a term of endearment.

In the media blitz that followed her admission, she answered a lot of the FAQs. Though she legally changed her name to Janae Marie Kroczaleski (it's what her mother would have named her had she been born biologically female) in April of this year, she still lives as both Matt and Janae, hence the term *gender fluid*. Since she still lifts, she'll meet with training partners as Matt, but she

goes to work every day as a pharmacist in the Canton, Michigan, Walgreens as Janae. Yes, she thinks what Caitlyn Jenner is doing right now is wonderful, but no, it did not inspire her to come out. She had been waiting to come out—and has yet to undergo SRS, or sex reassignment surgery—until her boys, aged 13, 15, and 17, could graduate high school. She rightly feared that a full transition could make their social lives much more difficult. But since the choice to come out has now been taken from her, she might make the full transition soon.

"I've worried a lot about how this would affect my boys, but if I postpone everything, what am I teaching them?" she asks. "That you should conform to society's expectations? That you should suppress who you are to make everyone else happy? I think that's the worst lesson I could teach them."

With estrogen therapy, she expects to drop from 189 kg down to 73. At 42 years old, that would mean saying goodbye to powerlifting and bodybuilding forever, though she says she won't miss it. Once she's lost the weight, she'd like to compete in triathlons or mountain biking.

However, losing physical strength is a real, practical issue that has held her back. Janae has attempted five transitions in the past eight years. Each time, she underwent estrogen therapy, lost 18 to 22 kg, then bailed

on the process. She learned that when she's not as massive, men stop deferring to her and she loses the peace of mind of being fully capable of protecting herself. Anti-transgender violence is alarmingly common and a major concern for Janae or any other transgender person. According to the Human Rights Campaign, 17 transgender people have been murdered in 2015 in the U.S. alone as of this writing.

More than once, she's feared physical violence when she was out at night dressed as Janae.

"I was at a club a few months ago, and five guys followed me to my car," she says. "They slowed down when they got close. The only thing that stopped them was how big I was."

The double-edged sword is unique to her situation: The amount of muscle mass she carries makes her an anomaly even within the transgender community. Many transgender people struggle because they don't conform to societal norms of masculinity or femininity. Being a transgender woman as imposing as Janae makes conformity to either sex all but impossible at the moment.

"It's funny. Whenever I see pictures of Matt, I always thought he looked small," she says. "Whenever I see Janae, I think I look huge. I wish I had come to terms with this earlier in life. I'd look a lot better."

To understand how Janae pushed herself so far away from where she now wants to be, it's helpful to get a picture of her early life.

"I grew up feeling less than everyone else," she says. "I was poor, and we were white trash, and I knew it. I felt like I had to beat everybody. As a guy, the only way I'm comfortable is being top dog. Part of it was the chip on my shoulder. Part of it was compensating for the feelings I had inside."

Matt was born to conservative Catholic parents Jerry and Diane Kroczaleski and grew up in the

TOUGHNESS DOESN'T HAVE A GENDER. PEOPLE ASSOCIATE IT WITH MEN BECAUSE THAT'S WHAT WE'VE BEEN TAUGHT AS A SOCIETY. WOMEN ARE SUPPOSED TO BE MEEK AND FRAGILE, BUT THAT'S NOT THE TRUTH. THE REALITY OF THE SITUATION IS GRAY.

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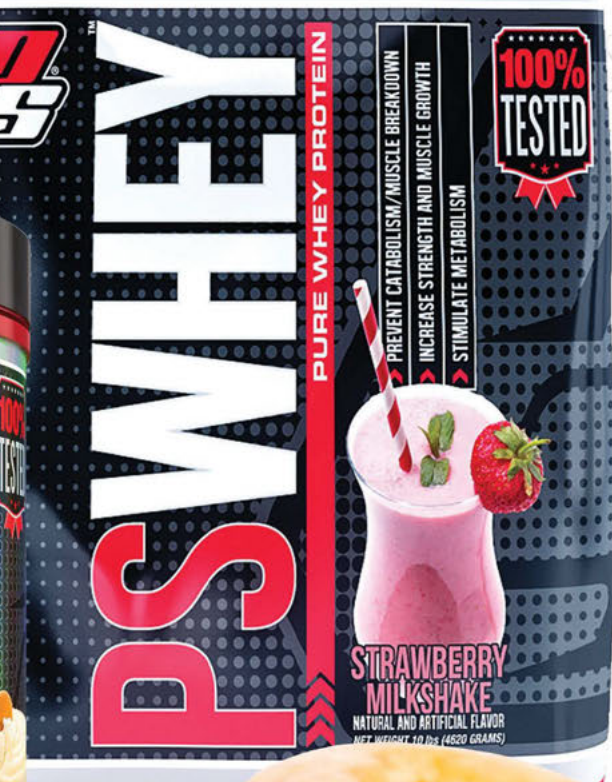
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woods outside Sterling, Michigan. Alongside his two brothers, Kurt and Chris, he lived in a mobile home so dilapidated that you had to watch your step in the hallway or risk hitting a rust patch and falling through the floor.

Jerry heated the trailer with a homemade woodstove fashioned out of a 208-litre oil drum. A few times when he couldn't afford firewood, he sent his boys into the woods to gather sticks. Five hours of gathering was worth about one night of heat.

Jerry drank heavily and worked a collection of odd jobs—with a business card for all of them except his most lucrative revenue stream: growing and selling marijuana. Oftentimes, he'd stumble home drunk, having abandoned his car on the side of the road with no recollection of where it was. He once tried to add wood to the stove when he was in this state, passed out midway through the process, and nearly burned down the house.

"He was a smart guy who wasted a lot of talent," Janae says. "Alcohol and pot were his self-medication. I couldn't tell you how many cars he wrecked. He's lucky to be alive."

Matt started lifting weights at the age of 9. When he picked up his first dumbbell, there was a thought, a faint hope that gaining muscle could change how he felt inside.

"Even at a young age, you know that something like that isn't going to be received well," she says. "I was terrified at what people would think. I hoped for a long time that this would go away, and so I ran with the whole lifting thing."

On the one hand, Matt hoped to change. On the other, he was fascinated by strength outside of what it meant to his transgender identity. Lifting weights was a pleasant escape. Dad was stringy and unathletic—and by nature, Matt was, too—but training changed all that, and every rep took him further away



THEN AND NOW At left, a collection of Matt's powerlifting and bodybuilding trophies, some of which Janae now uses to hang wigs. Above, Janae works on her '67 Camaro in her garage. "I'm still adventurous. I still love fast cars," Janae says. "I was an adrenaline junkie then, and I still am now."

from Jerry. Matt excelled in sports, particularly wrestling and football, and wasn't tempted by Jerry's habits.

"I think he resented the fact that I was a jock," Janae says. "He told me that I was worthless, that the only things I was good for were eating, sleeping, and shitting. He's sober now, and we're actually on good terms...I doubt he remembers much of what he said or did."

It's no surprise, then, that Matt joined the Marines as soon as he was old enough in 1991. Almost immediately, the muscular, intimidating "Kroc" became the drill sergeant's dream recruit at boot camp in San

Diego, California. When other recruits fell out of line or lagged behind in PT drills, the drill sergeant would pit the weaklings against Matt in hand-to-hand combat. To embrace the role, Matt "greatly overcompensated."

"I was the first person to jump on anyone else for being the least bit feminine," Janae admits. At the time, it was easy to rationalize the behaviour because Marines are training for life-or-death situations. Still, there was more to it than that. "Deep down inside, it was me that I didn't like."

Scoring nearly perfect in all his reviews, Matt was selected for

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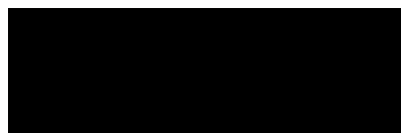


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presidential security and for a time worked security at the United Nations. By this point, he was well-liked by the other Marines, and social settings made it harder to keep Janae repressed. The guys in his unit asked typical guy things—like how many women he had slept with.

“I told them the truth, that I was a virgin,” Janae says. “No one believed



SNOWBOUND Back in 2011, Matt showed off his snow lunge workout in *M&F*.

it. They thought it was my line.”

At the UN, Matt and his unit had to work closely with the liaison to security, whose assistant turned out to be a blonde bombshell out of central casting. Every man in the unit hit on her aggressively, but she gravitated toward the quiet guy who was always in the back of the room.

“On the last night of the detail, she invited me up to her room,” Janae says. Miffed at Matt’s lack of advances, she joked that he could leave. “I got up and left,” Janae says. “I had no idea what to do.”

He craved intimacy and had no way to express it. He loved women but couldn’t imagine “being a man” with

them because he had always felt that his penis “didn’t belong” on his body. By the time Matt married his first wife, Patty Stoll, in 1996, he figured out that to be with women sexually, he had to imagine himself as a woman. Before he came to that realization, frustrating scenes like the blonde in the hotel room played out over and over, taking a toll on his psyche. The gym was the only mainstay in his life that never let him down. He’d break into the on-base gym in the middle of the night and train for hours, attempting max lifts with no spotters.

“I’d put myself in do-or-die situations,” Janae says. “I’d get a



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one-rep max on the bench that was an absolute grinder. One more pound and there's no way I would have made it...That saying that you'll never feel more alive than when you're close to death, that certainly holds true for me."

Patty knew about her husband's true identity as a transgender woman from the beginning. She tried to understand and be supportive but eventually asked him to stop talking about it. A born-again Christian, she believed transgender thoughts or feelings were sinful. Keeping everything repressed, Matt went back to school to become a pharmacist, had three boys with Patty, and threw every gram of spare energy into powerlifting.

In 2004, Matt was diagnosed with testicular cancer, news that elicited new thoughts of wanting to transition. "I actually hoped the cancer would spread to the other testicle and even to my penis," Janae says. "That way they'd have to remove everything, and it wouldn't be my fault for changing. I knew better. I knew the cancer didn't work that way, but I still thought about it."

Initial blood work during cancer treatment yielded another surprise.

"All my hormone levels were in between male and female," she says. "I assumed that I had naturally high testosterone because of how far I had made it in the lifting world. But it turned out my levels were naturally low, then even lower after surgery. I also had an undersized pituitary for a male. My body was in between both worlds."

She points to this fact to help dispel a common misconception about transgender people—that trauma can create transgender feelings.

"I could talk about androgen receptor density in the hypothalamus gland and the studies that have been done there, but the simplest way to put it is that transgender people—the areas in our brains that dictate

identity are analogous to the opposite gender," Janae says. "It's genetic. There's a lot more to it, of course, but if you boil it down, it's the same as having green eyes or black hair. It's not a psychological thing."

After surgery to remove the cancerous right testicle (today she is cancer-free), Matt began taking anabolic steroids so he could continue competing. Contrary to popular belief, Janae says she had never taken any performance-enhancing drugs until that point. My estrogen levels were high. My prolactin levels were three times what a male's are and I also had an

"Being a competitive lifter, obviously steroids are always a temptation," she says. "But I competed for a decade and had never touched a thing. I was 32 years old and qualified for the Arnold drug-free. I squatted 408. I was benching more than 227 and deadlifted 325. I was drug-tested I think five different times and of course passed all of them."

Emboldened by her brush with death, Janae decided to reveal her true self to her sons when they were aged 2, 4, and 6. She went into her bedroom, changed into a dress, high heels, and a wig, then opened the door to show her boys.

"The 2- and the 4-year-old looked at me for, like, a second, then just kept playing," Janae says and laughs. "The 6-year-old said, 'Daddy, you look like a girl...A really *big* girl,' then he kept playing, too. I think that's the thing that bothers me most when I hear people talk about transgender issues. It's always, 'What about the kids?' Kids don't have prejudice unless you hand it to them. I'm incredibly proud of my boys because they've been my biggest supporters, and they've taken that awareness with them to school. If anyone gets called gay or a fag, my eldest son is the first one to speak up and say, 'And what's wrong with that?'"

Around the same time, Matt told his

mom, Diane, who was not dismissive but still prefers not to talk about it. Jerry proffered that it was just a phase. Matt's brothers took it the hardest.

"My brother Kurt said, 'It would have been easier for me if you had committed suicide,'" Janae recalls. "He didn't mean that he wanted me to. He was just trying to convey how hard it was for him to accept."

Meanwhile, "Kroc" obliterated the Michigan powerlifting scene and made a name for himself at the national and world levels. Dave Tate, a legendary powerlifter in his own right and the CEO of EliteFTS, a training reference site and gear supplier based in London, Ohio, signed Matt to an endorsement deal in 2006 after he won the Arnold Classic championship.

The lifting team at EliteFTS became brothers. It wasn't long before Matt started to think he could tell the first people outside of his immediate family that he identified as a woman. In 2007, he took centre stage at a powerlifting meet where he was expected to break the world record. Consumed by thoughts of transitioning, he missed every squat attempt. It was his worst bomb-out ever. Feeling a responsibility to explain to Tate why he had underperformed, Matt laid it on him.

To Matt's shock, Tate said he understood and didn't care about it. As long as Matt wanted to compete, Tate would be his sponsor.

"He's been nothing but supportive," Janae says. "He's an amazing friend."

With Janae fully out as a transgender woman, Tate remains unwavering in his support.

"In powerlifting, there are a lot of great guys, then there are the guys who think they're the baddest motherfuckers on the planet, and they might be bigoted or prejudiced," Tate says. "All I could think when Matt told me was, 'How many of these guys have your poster on

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their wall right now? What would they do if we posted a picture of you as Janae?" We cracked up about it. It did not change how I felt about Matt. Matt was open about it with the team and not one of them had a problem with it. I'm proud to say we sponsored the guy. He's a great role model. Say he gets the surgery and becomes fully female now. How does that change the things he's done in the past? I never saw it as something that could hurt my company. If someone didn't like it, then I didn't want to do business with them."

Not everyone shared Tate's viewpoint. Another one of Janae's sponsors told her they'd honour her contract through its expiration at the end of the year, but cancelled her planned appearances.

"It's disappointing, but it's a business decision on their part," Janae says. "I'm not a victim. I refuse to think of myself that way. I don't even bring it up in interviews."

Janae's Facebook inbox has also been littered with lewd sexual propositions from men. "Always from the most repressed cultures," she says, "and some of them I'm sure are the same ones who are publicly saying I'm a freak."

Matt and Patty divorced in 2006. The strain of the transgender issue was ultimately too much to overcome. After the split, Matt considered suicide, but he was able to get through those dark days by thinking about his boys. Today, Patty and Janae maintain joint custody.

Matt married his second wife, Lauren Starkey, in 2010. Though Janae says Lauren was the love of her life, the marriage fell apart after two years because Lauren felt like she was in a lesbian relationship.

"She needed someone who was all male, and I understand that," Janae says. "I hope I can find someone like her again someday."

Two marriages and as many divorces would complicate life for most, but Janae says she feels an immense sense of relief to be completely out. She's off anabolic steroids and ready to attempt another transition.

"It's been this burden I've carried that's been so heavy," she says. "Having to hide a huge part of who you are—that's a horrible thing for anyone to bear. I always describe it as feeling broken, like a freak or unlovable...I would drive to work with tears running down my face, then get to work like everything was OK. I did that for years."

If all lives ultimately demand balance, it's fair to say that Janae found it by summoning the energy to simultaneously feed the obsessions that lived in both sides of her. Today she studies fashion the way she once studied strength training. But to think of Matt and Janae as separate people or disparate halves of a split personality is to both ignore the complexity of Janae as an individual and to give close-minded sceptics an easy out to conflate transgender people with the mentally ill. And if there's one thing Janae is tired of, it's the idea that she's sick in the head.

"My first wife tried to get me into her church reparative therapy where they could 'cure me' and that kind of stuff," Janae recalls. "To humour her, I went and checked it out. I talked to people who had gone through it who claimed to be cured. It was a bunch of nonsense. I felt horrible for these people because all they were doing was repressing it, doing what I'd been doing my whole life."

In between media appearances and working full time as a pharmacist, Janae will hop onto powerlifting forums to interact with both supporters and critics. She doesn't call out former fans for hypocrisy. She merely tells her story in simple

terms, trying to be an activist for the transgender community one message at a time.

"People have this idea of the whole 'Kroc Personality,' because I was this crazy ex-Marine," Janae says. "Like, 'Oh, this guy's just an animal.' And that's all true, but the thing is, toughness doesn't have a gender. People associate those things with men because that's what we've been taught as a society. Women are supposed to be meek and fragile, but that's not the truth. Look at the UFC. The women fighters are tenacious. But as a whole, that's been suppressed. For many years, a woman who exhibited those attributes was reprimanded for it and told that was wrong. Femininity in men, to this day, is treated the same way. Men are encouraged to be masculine; women are encouraged to be feminine. But the reality of the situation is gray."

In Janae's world of gray, at least one hard-line contradiction remains: Becoming a powerlifting world champion isn't a very complex goal to accomplish when compared with navigating the uncharted path before her. The spotlight of this moment will eventually fade, and the simplicity of dividing the people in her life into supporters and bigots will give way to the monotony of the everyday. Hate isn't always expressed in such clear terms as it is on the Internet. More often, it's a look of shock, a quick turn in the other direction, or seats next to you left conspicuously empty on a crowded train. Living in the open and dealing with these moments—moments she never had to experience as Matt—will require nothing less than her greatest feat of strength. **M&F**

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BY JOE WUEBBEN /// PHOTOGRAPHS BY PER BERNAL
WORKOUT DESIGNED BY JIM RYNO /// MODEL: SERGI CONSTANCE

GOLD'S
GYM



SHOT ON LOCATION AT GOLD'S GYM, VENICE, CA



STEEP-ANGLE PREACHER CURL

A standard preacher curl bench fixes your upper arms at around 45 degrees. With steep-angle curls, you're aiming for the upper arms to be vertical or close to it. This can be achieved by using the backside of the bench or by sitting up tall (not back) with your shoulders well above the pads, as shown.



NO GIMMICKS,

no novel exercises, no reinventing the wheel. Just lots of curls and a bigger pair of arms for your efforts. That's the basic premise behind the following biceps routine designed by *M&F* contributor Jim Ryno, a personal trainer and owner of luxury home-gym design firm Iron House in Alpine, NJ (iron-house.co). Weights are kept relatively heavy with the exception of a 20-rep dropset finisher on the last exercise (steep-angle preachers).

"There's no magic number of reps when it comes to building massive biceps," says Ryno, who recommends doing this routine either with triceps or on its own. "The key is to include a variety of rep schemes—low reps, medium reps, high reps—into your overall programme. This routine forces you to use all of these rep ranges. Be mindful to select the proper weight for each exercise. Going too heavy only leads to bad form, not fully stimulating the muscles and overstressing the elbows. You need to focus on the biceps working. Train the muscle, not the movement."

HAMMER CURL

"Execute them as a power movement for the arms, using heavy weight for lower reps," says Ryno. Still, keep your form tight. It's OK if your elbows move slightly forward, but don't let them flare out.



BARBELL CURL

Slight "cheating" can be utilized on the last rep or two, but otherwise keep your form strict with no leaning back. As for grip width, go with whatever's most comfortable and natural so that you can focus solely on the biceps.

WEIGHTED CHINUP

Increase the amount of weight slightly on each set so that the decreasing rep counts are difficult. Feel free to do the first set or two with body weight only if 10 reps or so is your max on body-weight chin-ups. Absolutely no kipping on these. The goal is to build muscle, not burn calories. **M&F**



THE WORKOUT BICEPS

EXERCISE	SETS	REPS	REST
Weighted Chinup	4	10, 8, 6, 4	60-90 sec.
Barbell Curl	4	12, 10, 8, 8	60 sec.
Hammer Curl	4	8, 8, 6, 6	60-90 sec.
Steep-angle Preacher Curl	2	6/20*	90 sec.

*6/20 dropset method: Select a relatively heavy weight, one that limits you to 6 reps. Do 6 reps, then immediately cut the weight in half and do 20 reps with the lighter resistance. That's one complete set.

IN MEMORIAM **DR. OLIVER SACKS** 1933-2015



MIND OVER MUSCLE

THE LATE **DR. OLIVER SACKS** RANKED AMONG THE GREAT MINDS OF THE PAST CENTURY, YET LONG BEFORE **AWAKENINGS** HE WAS A 127-KG MUSCLE BEACH POWERLIFTER.

BY **OLIVER SACKS** | INTRODUCTION BY **SHAWN PERINE**

PHOTOGRAPHS COURTESY OF OLIVER SACKS

O

ONE NIGHT BACK IN 1983 I WAS FLIPPING

channels when my attention was caught by a programme on PBS. It was a roundtable discussion between some of the greatest minds of the day, in which they volleyed their views on the meaning of life back and forth—as much a sparring match among intellectual giants as it was an elucidating discourse. I was transfixed. But of the seven men assembled at that round oak table in a darkened room, it was the quietest

among them who intrigued me most. That man was Oliver Sacks, recognized as the real-life neurology doctor whom Robin Williams portrayed in the 1990 film *Awakenings*. Every word from his mouth was precise and reasoned, and whereas several of his counterparts seemed to enjoy sparring, and even engaging in a little chest puffery, Dr. Sacks remained the calm in the centre of a storm of intensely profound ideas.

About a decade later, I was reading a post by bodybuilding legend Dave Draper on his excellent site (dave.draper.com) in which he recalled training in the early 1960s in Venice Beach, California, with a monstrously strong medical student from London whose name was Oliver Sacks. I immediately reached out to Dave to ask if this could possibly be the same Dr. Oliver Sacks of *Awakenings*, *A Glorious Accident*, and a host of best-selling books. Dave hadn't seen or spoken with his old lifting buddy in many years, but he suspected that the motorcycle-riding, carousing, bull-strong Brit of his youth may well have been the same man as the esteemed author/physician/professor of today. I told him I was going to do some research and let him know.

A call to the NYC office of Oliver Sacks, M.D., answered by his longtime assistant and collaborator Kate Edgar, resulted in a hand-typed letter in my mailbox a few weeks later, which is transcribed here. I received it from Dr. Sacks in 2003, and to this day, it's among my most treasured possessions.

On Sunday, Aug. 30, of this year, Oliver Sacks died at his Manhattan home of liver cancer. He was 82. When I learned of his illness, I slotted his letter to me into this issue in the hope that the powerlifter in him would get a kick out of it. Now, it must serve as a form of tribute to a man who embod-

ied strength, both physical and mental.

In the letter that follows, Dr. Sacks' passion for training rings loud and true, and as much as he has been heralded for his groundbreaking work in neuroscience, so, too, should he be recognized as a historically great lifter and gym rat (with all of the love and respect that term holds for me).

I am grateful to Dr. Sacks for taking the time to pen this letter, and for inspiring me to always be curious. His example of a creative, open mind coupled with a powerful body is one that I aspire to every day.

Oliver Sacks, M.D., was a physician, an author, and a professor of neurology at the New York University School of Medicine. *The New York Times* has referred to him as “the poet laureate of medicine.”

He is best known for his collections of neurological case histories,



DOCTOR SQUAT Dr. Sacks set the California state squat record in 1960, in between seeing patients.

including *The Man Who Mistook His Wife for a Hat*, *Musicophilia: Tales of Music and the Brain*, and *An Anthropologist on Mars*. *Awakenings*, his book about a group of patients he treated in the 1960s who briefly emerged from catatonic states, inspired the Academy Award-nominated film starring Robert De Niro and Robin Williams.

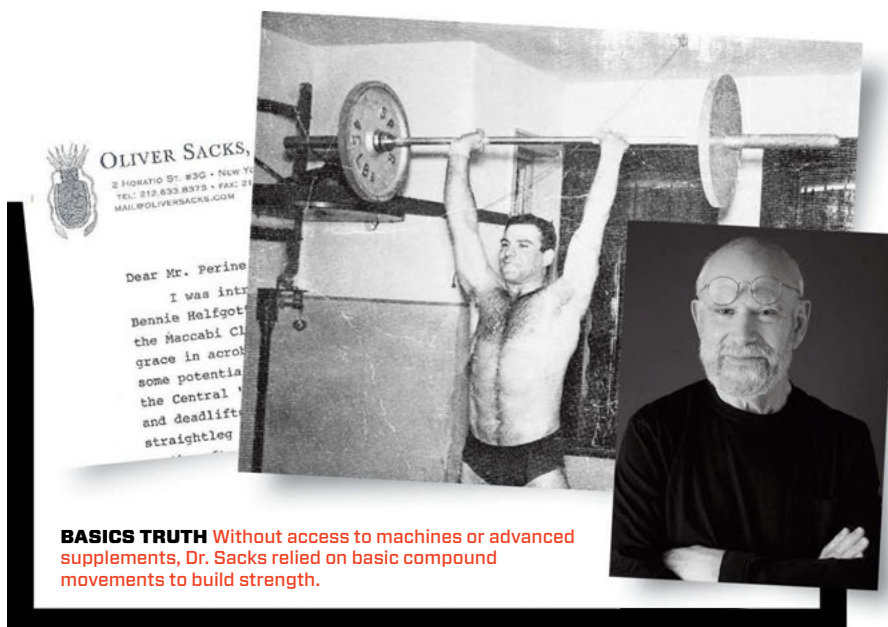
DR. SACKS' LETTER BEGINS HERE:

I was introduced to weightlifting around 1956 by Olympic medalists Bennie Helfgott and Laurie Levin at the Maccabi Club in London. I had nothing of their skill or grace in acrobatic lifts like the snatch but seemed to have some potential for powerlifting. Meeting Ken McDonald at the Central Y in London—he was a tremendous squatter and deadlifter—incited me further, and I practised straight-leg deadlifts with him, going over 500 pounds (227 kg) a few months after I had started. (I think this is an awful, dangerous lift—it inaugurated 40 years of back problems; I wish I had never touched them!)

When I came to the States in 1960, I concentrated on powerlifting and especially squatting. I had a routine of fives—five sets of five reps with 555 pounds (252 kg) every fifth day—and in 1960 I got the California record for a 600-pound (272 kg) full squat. The most amazing lifter in San Francisco that I met was old Karl Norberg—already over 70. He used to do very strict narrow-grip bench presses with a two-second pause on the chest—warming up with 350 pounds (159 kg) or so. (I believe he later did a 500-pound (227 kg) bench press on his 75th birthday, someone told me.)

When I moved from San Francisco to Venice and Santa Monica, I met extraordinary lifters and bodybuilders—Olympic medalists Dave Sheppard and Dave Ashman, dedicated bodybuilders Hugo Labra and Dave Draper, and some almost out-of-the-world figures like Charlie (Chuck) Ahrens and Steve Merjanian. I never trained with Ahrens—I think Steve may have been his training buddy.

I saw the two of them together, with their 60-plus-inch (152 cm) chests, totally filling a VW Beetle, but I had difficulty lifting his favourite dumbbell [a 375-pound (170 kg) dumbbell he used for side presses] off



BASICS TRUTH Without access to machines or advanced supplements, Dr. Sacks relied on basic compound movements to build strength.

the ground. I trained partly in the open air on the lifting platform on the beach in Venice, partly in the wonderful subterranean “Dungeon” in Santa Monica, and partly (with “Peanuts” Jim Hamilton and others) at a small home gym in Peanuts’ place. I bulked up to 280 pounds (127 kg) or more—drinking a gallon and a half (5.7 litres) of milk a day. Partly because there was no 225-pound category at the time and if you were large, you were either “mid-heavyweight” (up to 198 pounds (90 kg)) or “unlimited.” And how could a 220-pound (100 kg) man, for example, hope to compete against a 300-pound (136 kg) one?

A lot of lifters gathered at Sydney’s on Santa Monica Beach near the base of the Pier. Here, as they got pissed, their stories became more and more fantastic. One heard of delts like watermelons and squats of a thousand pounds (454 kg). (This last turned out to be a solid fact for the incredible Paul Anderson. He was squatting with almost twice as much as anyone else’s maximum.) And as far as eating goes,

we would go to a Swedish smorgasborg in Santa Monica, where one could eat as much as one wished. I think they somewhat regretted this when a bunch of gigantic and ravenous lifters/builders came in. Dave Draper tells a wonderful story about it when he and I (he says I had a tentlike T-shirt then) and a couple of others practically denuded the smorgasborg.

This is about as much as I can tell you. Now, nearly 40 years later, I look back on those days with considerable nostalgia. We took zero steroids and had zero machines. We worked our guts out with raw weights, and I’m glad I did it (except for the deadlifts!). One gains a sort of physical confidence and strength. And, yes, a physique, which stands one in good stead and lasts for the rest of one’s life. I am forgetting a lot of names and scenes from those days, but this will have to do for now...

With kind regards,

Oliver Sacks

PS I have recently written an autobiography, *Uncle Tungsten*. Tungsten is my favorite metal, and (as you may know) is very dense, as dense as gold—this is 2½ times as dense as steel. I used to do a little shot-putting once but always found that 16 pounds (shot a bit large for my hands. But a 16-pound (7.3 kg) shot made of tungsten would be no larger than a baseball or tennis ball. I am having one made, I don’t know if it would be legal. And think how compact a gym would be, if the weights were made of tungsten, not steel.

PPS Speaking of hands, the largest and strongest I ever saw were those of Mac Batchelor, who (at that time) tended (probably owned) a bar near Muscle Beach. Mac could twist a silver dollar in his bare hands and was the most formidable arm wrestler there had ever been. He was also a sweetie, all 320 pounds (145 kg) of him, with a great sense of humor and a wonderful fund of stories.

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FITNESS TURNS 50

IN 1965, GOLD'S GYM OPENED ITS DOORS AND LAUNCHED THE MODERN FITNESS MOVEMENT THAT BROUGHT EXERCISE AND HEALTHY LIVING INTO THE GLOBAL CONSCIENCE

BY NOAH DAVIS PHOTOGRAPHS COURTESY OF WEIDER HEALTH & FITNESS

Fifty years ago, in a single concrete room, 9 metres by 30 metres just off the Venice Beach, California, shoreline, modern fitness was born. It was an unassuming spot, but packed inside were massive men pumping iron and curling, benching, and deadlifting thousands of kilos. This was the first Gold's Gym, and it would create a revolution that continues today.

LEFT

From this humble beginning, Gold's Gym became the Mecca, the fabled breeding ground for the sport's legends.

THE DARK AGES

Prior to 1965, American health was in decline. Less than a decade before, President John F. Kennedy published an article titled "The Soft American" in *Sports Illustrated*, in which he argued that "such softness on the part of individual citizens can help to strip and destroy the vitality of a nation...the stamina and strength which the defence of liberty requires are not the product of a few weeks' basic training or a month's conditioning." More than one-third of children in the U.S. had failed one of five strength tests administered in school, compared with a 1% failure rate for European students. The

government was so concerned that it encouraged comic strips to address fitness. *Peanuts* creator Charles Schulz produced *Snoopy's Daily Dozen*, a booklet featuring Snoopy, Charlie, Linus, and the gang going through a series of exercises. The small percentage of American adults who did exercise favoured quick and easy workouts like 5BX, which stood for Five Basic Exercises and didn't require additional equipment or do much to build strength. Real strength training was all but unknown.

A GYM IS BORN

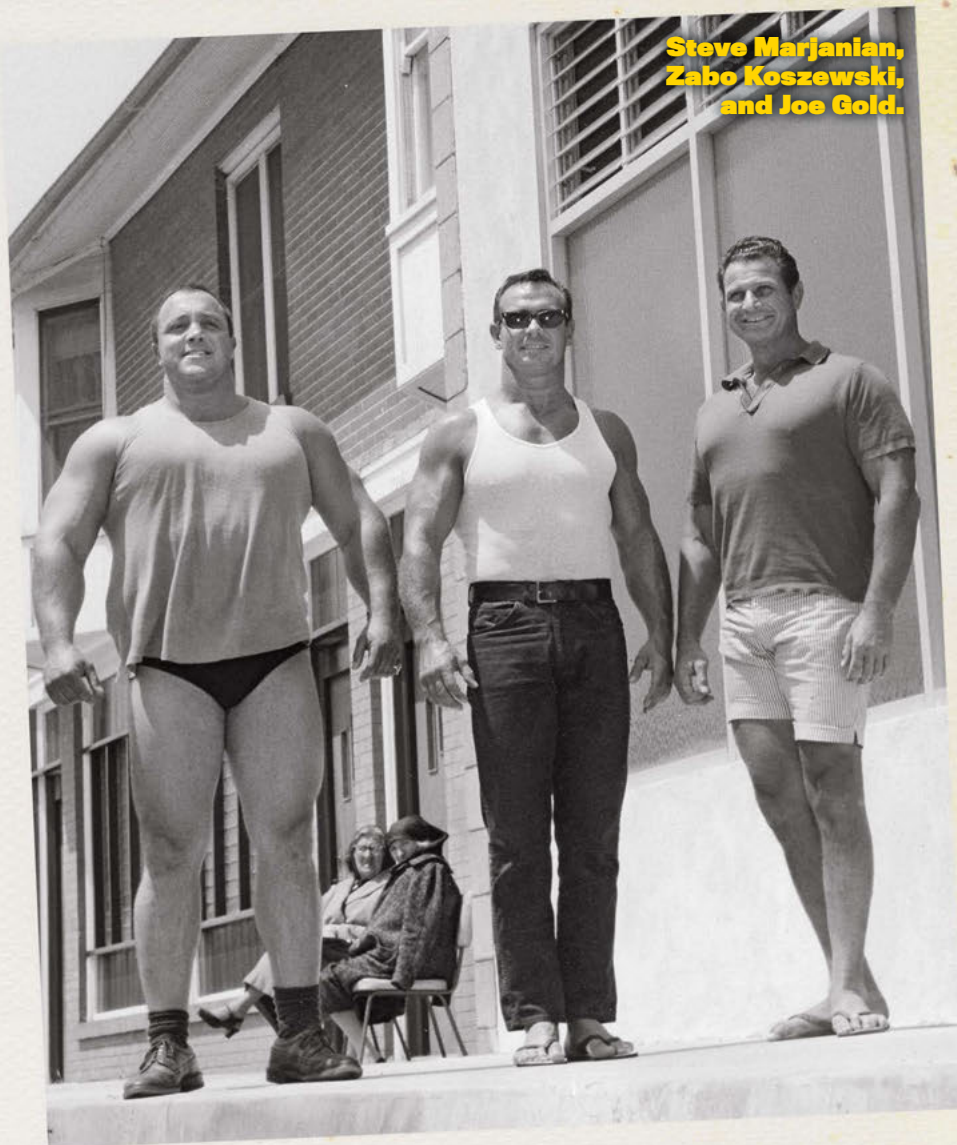
Enter Joe Gold. The merchant seaman with an impressive physique who scored roles as an extra in films including *The Ten Commandments* and *Around the World in 80 Days* had an idea. He worked out at Muscle Beach just south of the Santa Monica Pier—where young men like the original “fitness superhero” Jack LaLanne and Steve Reeves, who played Hercules, lifted crude weights, performed feats of strength like handstands and other gymnastic moves, and showed off their hulking physiques to tourists strolling down the boardwalk. But Gold knew they needed an indoor spot so they could work out at all hours and train with better equipment. He purchased an abandoned lot on Pacific Avenue and erected a simple building out of cinder blocks, and thus Gold's Gym was born.

“Joe was a hardcore trainer, a competitive bodybuilder back in the day,” FLEX Chief Content Director

Shawn Perine says. “He was about building hardcore muscle, about giving guys the chance to create the ultimate physique.”

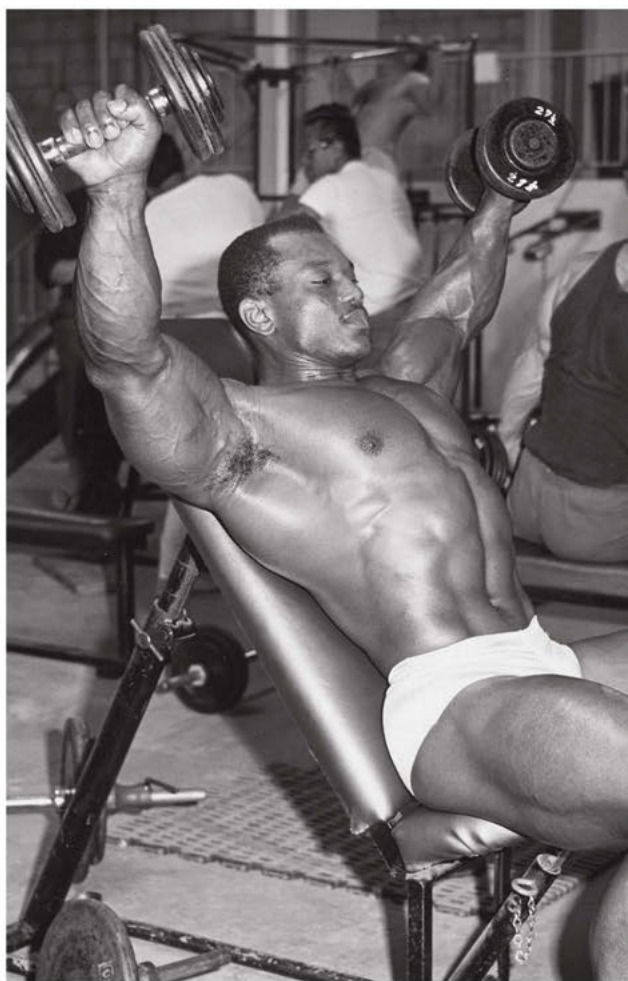
Gold saw an opportunity—at the time there were just three gyms for the 7 million people in the Los Angeles area—but he also understood how much he could improve the bodybuilding community. The

weights and benches of the day were poorly made, uneven with faulty cables and uncomfortable grips. Gold knew what the lifters liked because, after all, he was one of them, and so he set about creating equipment to suit their needs. He turned his two-car garage into a machine shop of sorts, developing benches, pulley systems, unique



Steve Marjanian,
Zabo Koszewski,
and Joe Gold.

“JOE [GOLD] WAS A HARDCORE COMPETITIVE BODYBUILDER. HE WAS ABOUT GIVING GUYS THE CHANCE TO CREATE THE ULTIMATE PHYSIQUE.”



**CLOCKWISE
FROM
TOP LEFT**

Danny Padilla
and Ed Corney;
the immortal
Sergio Oliva;
former manager
Ken Waller and
former owner
Ken Sprague.



handles, and other homemade devices that were superior to anything on the market. "When you felt his dumbbells, there was a magic there," remembers Eddie Giuliani, a bodybuilder from New York who moved to California to train at Gold's Gym and would win his height class in Mr. America and Mr. World.

THE GOLDEN ERA

Bodybuilders flocked to Gold's Gym. While other gyms tried to mimic the cutting-edge technology, none had the brilliance of Joe Gold. Dave Draper, who was known as the Blond Bomber, and who was literally and figuratively the biggest muscle star of the early 1960s, joined Gold's along with the other top stars of the day. Tourists stood outside of the gym, peering in with hopes of catching a glimpse of the men inside. People who couldn't get to the beachside spot could still see Draper and others on the cover of bodybuilding magazines that were slowly taking off. "That was the 'me' generation, and all of a sudden peo-

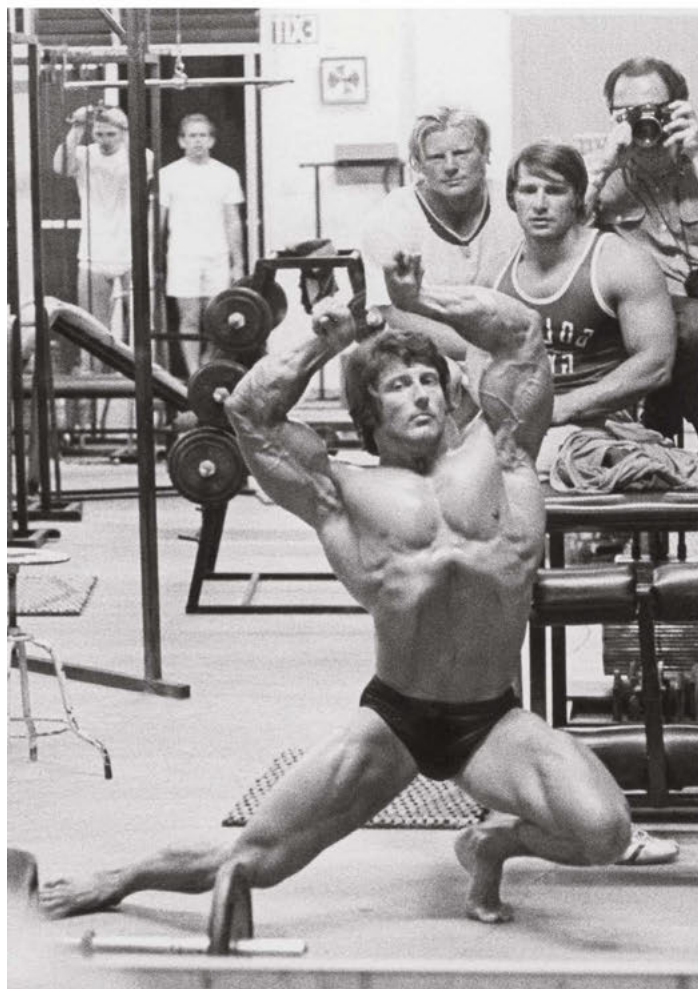
ple were discovering themselves, and what better way to discover yourself than to see how ripped you can make your muscles?" Perine says. Magazines like *Muscle Builder* featured interviews and tips from the big names at Gold's, turning them into household names.

The rapid explosion of fitness and bodybuilding spurred the growth of scientific breakthroughs and interest from the medical field. The fledgling International Society of Sport Psychology held its first World Congress in 1965, and the North American Society for the Psychology of Sport and Physical Activity came into being in 1967. In 1971, State University of New York at Stony Brook chemistry professor Paul C. Lauterbur developed the concept that he would use to create the first magnetic resonance imaging (MRI) machine and the first issue of the *Journal of Sports Medicine* came off the presses a year later.

Then, of course, came Arnold. Joe Weider, creator of the Mr. Olympia competition and publisher of maga-

zines like *Muscle & Fitness* and *FLEX*, brought Arnold Schwarzenegger to train at Gold's Gym in 1968, and the Austrian almost immediately became an icon. He would work out with Draper, Giuliani, and his good friend and roommate, Franco Columbu, harder, faster, and longer than anyone else, smiling throughout the effort, impressing the young men who wanted to be him. "Arnold was everywhere," his frequent training partner Ric Drasin says. "He made it the Mecca."

Throughout the 1970s, the bodybuilding movement continued to gain traction, and Arnold's gang led the way. Yellow Gold's Gym T-shirts featuring the ubiquitous Gold's Gym logo—designed by Drasin spontaneously on a cocktail napkin—were everywhere on the boardwalk, the beach, the bars around town, and beyond. To wear one was to signal that you were a part of something larger. Gold's Gym hosted the 1977 Mr. America contest. That same year the movie *Pumping Iron*, featuring Schwarzenegger competing in the



CLOCKWISE FROM LEFT

Frank Zane practises posing as Dave Draper, Serge Jacobs, and Artie Zeller look on; Claudia Wilbourn and Lou Ferrigno; a meeting of the Mecca's pullup club.

1975 Mr. Universe and Mr. Olympia competitions, vaulted the bodybuilders to another level of celebrity. Soon Hollywood stars like Clint Eastwood were dropping in for sessions as well as sports stars like Muhammad Ali.

Bodybuilding had solidified itself in mainstream culture. "I remember watching TV in the 1980s, and every other commercial had a bodybuilder," Perine says. "More likely than not, that bodybuilder was recruited by somebody calling the front desk of Gold's Gym Venice."

A LEGACY BEGINS

By 1980, Gold's Gym had been sold off by Gold and passed through a few owners, landing in the hands of Pete Grymkowski, Tim Kimber, and Ed Connors. The trio, nicknamed the Three Horseman, set about spreading the core message of the brand to the nation. They saw that bodybuilding and physical fitness had staying power, less of a trend and more of a basic fact of the aging baby boomer lifestyle. Consider that in 1982 movie star Jane Fonda

would take a break from her busy schedule to shoot *Jane Fonda's Workout*, launching her successful second career. Soon after, in 1985, the American Council on Exercise was formed to create a standard national certification process for aerobic instructors. Fitness was no longer a tourist attraction on Venice Beach, it was a part of everyday American life. And Gold's Gym became a cornerstone of pop culture. Carl Weathers, who played Apollo Creed in *Rocky*, wore a Gold's Gym T-shirt on a *Saturday Night Live* promo spot; Wesley Snipes donned a Gold's Gym tank top in *White Men Can't Jump*; and Will Smith flashed a Gold's Gym VIP pass in *Men in Black*. All types of celebrities from rock stars like Janet Jackson to Olympic gold medalists like Greg Louganis and—the most famous of all—basketball legend Michael Jordan were showing up at Gold's Gym.

Connors opened the first licensed Gold's Gym in San Francisco in 1980 and dedicated himself to launching new outposts. Jerry McCall, a

nationally competitive bodybuilder who bought into the San Jose franchise in 1982, remembers the old days. "Ed really spawned the licensing program," the former president of the Gold's Gym Franchise Association says. "He had a knack for meeting people, like a hardcore kind of guy who had a small club and wanted to expand." By 1981, there were 5,000 singular health clubs nationwide, and many entrepreneurs saw the great value in aligning their little gyms with Gold's Gym, which was rapidly becoming the dominant force in American fitness.

The number of Gold's Gyms across the country skyrocketed. The group took the brand international in 1985 when a branch opened in Canada. The iconic T-shirts started selling in retail outlets worldwide in 1987, the perfect complement to an increasing global focus on fitness, born at that unassuming gym in Venice. By 1993, Gold's Gym had 1 million members, and that's when it became clear that it wasn't just bringing a fitness revolution, it

The Oak shows off his quads as Eddie Giuliani admires.

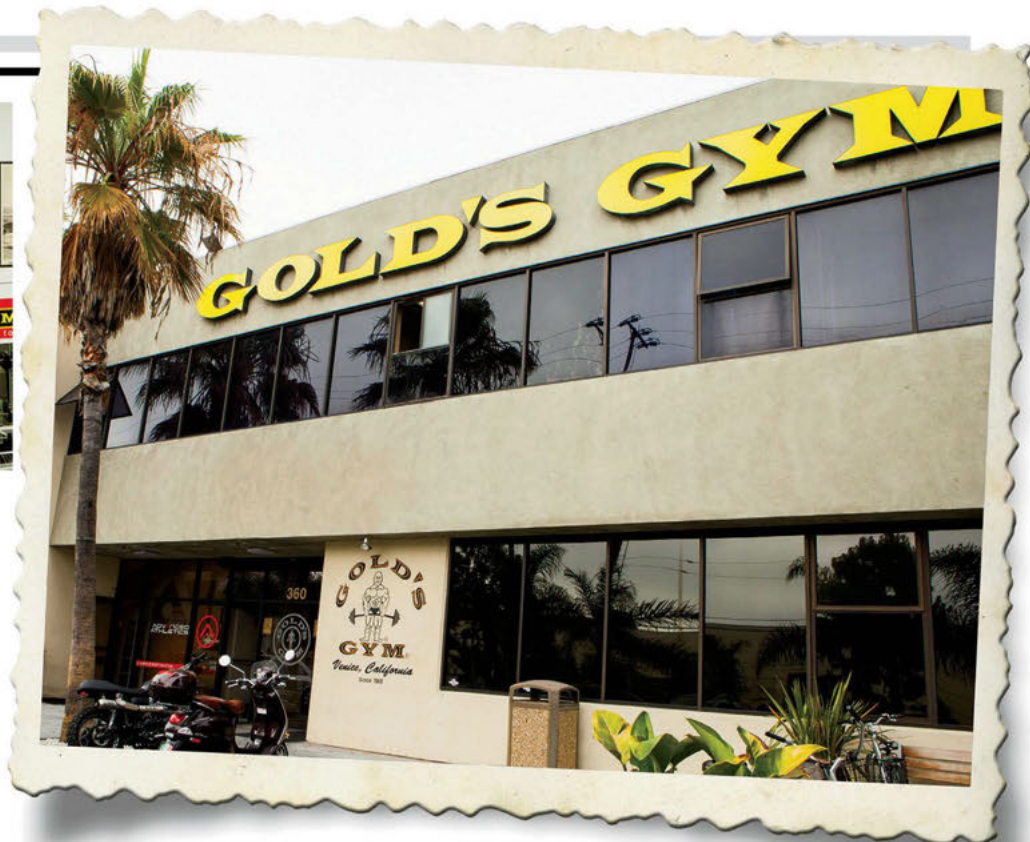


“ARNOLD WOULD WORK OUT HARDER, FASTER, AND LONGER THAN ANYONE ELSE, SMILING THROUGHOUT THE EFFORT.”



**CLOCKWISE
FROM
TOP LEFT**

Mr. Olympias and other bodybuilding legends keep watch, and inspire members, from the fabled Wall of Fame; the iconic facade of Gold's.



JOE GOLD, HIS GROUP OF AMBITIOUS BODYBUILDERS, AND THE STEWARDS OF THE GOLD'S GYM LEGACY **TRULY DID CREATE A MODERN REVOLUTION.**

was creating a legacy by helping hundreds of thousands of people realize their potential through fitness. In 1996, it expanded to Europe and Asia, changing perceptions across the globe. "When we first opened, the word *fitness* didn't exist in the Russian language," says Paul J. Kuebler, one of the three principal people to open the first Gold's Gym in Moscow's Leningrad Prospekt in 1996. "We had to explain to Russians what fitness was for. In the past, they only worked out to improve at the sports they played."

A GYM GROWS UP

While Gold's Gym became known as the Mecca of Bodybuilding, the brand also pioneered the latest fitness innovations, making sure their members, who came first just as they had when Joe Gold set about creating a gym for his peers, stayed at the forefront. Connors built a group exercise room in the San Jose gym in 1981, well before the trend took off nationally. The

Gold's Gym trainers got ideas from everywhere, increasing the use of kettlebells and periodization after seeing the success these exercises and philosophies had in Russia. The cardio age came into being in 1984 with the StairMaster StepMill, and Gold's Gym locations nationwide featured the machines. Lori Lowell, the national group fitness director for Gold's Gym International between 1999 and 2009, talked about how classes created the right atmosphere. "There's a power in group fitness," she says. "It wasn't just about coming in and lifting weights. We were delivering a great social environment as well as a great workout." The success is obvious, with gyms offering everything from yoga, Pilates, and core training to cardio kickboxing. Other classes like TRX and Zumba gained popularity in the coming decades and were quickly adopted by Gold's Gym locations around the world. This past year, Gold's Gym partnered with Microsoft to bring

fitness into the next era by featuring its branded workouts on the Microsoft Band, the most cutting-edge smartband available.

THE LEGACY CONTINUES

The Gold's Gym legacy has left its mark on the world's attitude toward fitness, even though at the beginning, it was never a guarantee. "More than 45 years ago we all together went on a crusade to fight for health and fitness for resistance training, bodybuilding, and weightlifting," Schwarzenegger said at a recent celebration. "At that time, everyone laughed. Now 45 years later, there isn't one hotel in the world that doesn't have a fitness room. Our crusade has been extremely successful." In the next 50 years, Gold's Gym is poised to remain a leading force in the world of fitness. Joe Gold, his group of ambitious bodybuilders, and the stewards of the gym's legacy thereafter, truly created a modern revolution. **M&F**



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Under the Microscope:

Taking a purely scientific look at the best products

in the world of sports supplements **BY TIM N. ZIEGENFUSS, PHD, FISSN**

COMBAT BLACK WEIGHT GAINER

COMBAT BLACK WEIGHT GAINER is a potent muscle-builder/weight-gain formula that delivers 55 grams of protein per serving, along with 150 grams of carbohydrate (but only a paltry 13 grams of sugar) and 30 grams of fat. Collectively, these macronutrients supply the user with 1100 calories to fuel muscle growth, overall body strength, and recovery. Each serving also contains 5 grams of glutamine, 2 grams of creatine monohydrate, and a nice dose of medium-chain triglycerides and assorted electrolytes (e.g., calcium, magnesium, sodium, chloride). This formula is designed for “hard gainers” who struggle to gain weight and/or been skinny their whole life. Scientists refer to this body type as an “ectomorph”, and although they tend to have very cut/defined muscles, they typically don’t carry a lot of lean mass. And when it comes to gaining weight, the simple truth is that calorie intake must exceed calorie expenditure. For those with small appetites, or if packing on some lean mass is on your list of priorities, chugging a COMBAT BLACK WEIGHT GAINER shake before bed could be the answer.

WHEY PROTEIN CONCENTRATE

(WPC) is a fast-acting protein that contains a high concentration of the branched chain amino acids (BCAA)

leucine, isoleucine, and valine. When WPC is cold micro-filtered and contains at least 80% protein by weight, it retains very important fractions from milk that other proteins (like whey protein isolate) sometimes leave out. These native fractions (e.g., alpha-lactalbumin, beta-lactoglobulin, lactoferrin, various immunoglobulins, glycomacropeptide, etc) have immune-enhancing properties and help regulate over 200 different genes within our body. One study that compared WPC to whey protein isolate reported greater improvements in peak power, work capacity and decreased body fat in the WPC group. Other studies have shown improved antioxidant status in subjects ingesting WPC. This shows that a high quality WPC has very powerful recovery effects.

WHEY PROTEIN ISOLATE (WPI) -

Whey protein is the water-soluble portion of milk. Unlike whole milk, WPI has no lactose, cholesterol or fat, and this is the reason it is preferred by many consumers who are lactose intolerant and/or have problems with digesting protein powders. WPI is typically very high in protein content (i.e. usually 90% or greater) in comparison to other forms of protein that can range from only 10-50%. WPI is high in L-cysteine, all nine essential amino acids (histidine, isoleucine, leucine,

lysine, methionine, phenylalanine, threonine, tryptophan and valine), and all three branched chain amino acids (BCAA = leucine, isoleucine and valine). L-cysteine helps regulate blood sugar, decreases blood vessel inflammation and reduces exercise-induced oxidative stress. The BCAAs are useful for helping reduce muscle soreness and speeding muscle recovery from intense training. Leucine is probably the most important amino acid of all as it can increase muscle protein synthesis all by itself. This “leucine trigger” has been well documented and requires a dose of at least 2.5 grams per food or drink serving to stimulate muscle protein synthesis. In other words, make sure your protein powder (WPI or otherwise) has a minimum of 2.5 grams of leucine in it.

WPI is considered a “fast” protein because it is absorbed and digested very quickly and causes sharp increases in blood levels of amino acids that lasts for about 60-90 minutes. This is particularly useful for breakfast, and during the post-workout period, where a rapid delivery of amino acids to muscle can quickly reverse the catabolic effects of resistance exercise (in other words, WPI is a very effective stimulator of muscle recovery after training). WPI is also quite versatile in that its digestion and absorption can be slowed down by co-consuming it with

heart healthy fats and/or foods high in fibre or even simply mixing it with cow's milk (which contains 80% casein by weight – a “slow” protein).

In addition to being an effective muscle builder, there are other good reasons to use whey protein. These include improved satiety (feeling of fullness), regulation of blood pressure, increased high-density lipoprotein (HDL-cholesterol), and lowering of triglycerides. These effects can be variable however, and depend on the individual's background health status as well as their overall dietary and physical activity habits.

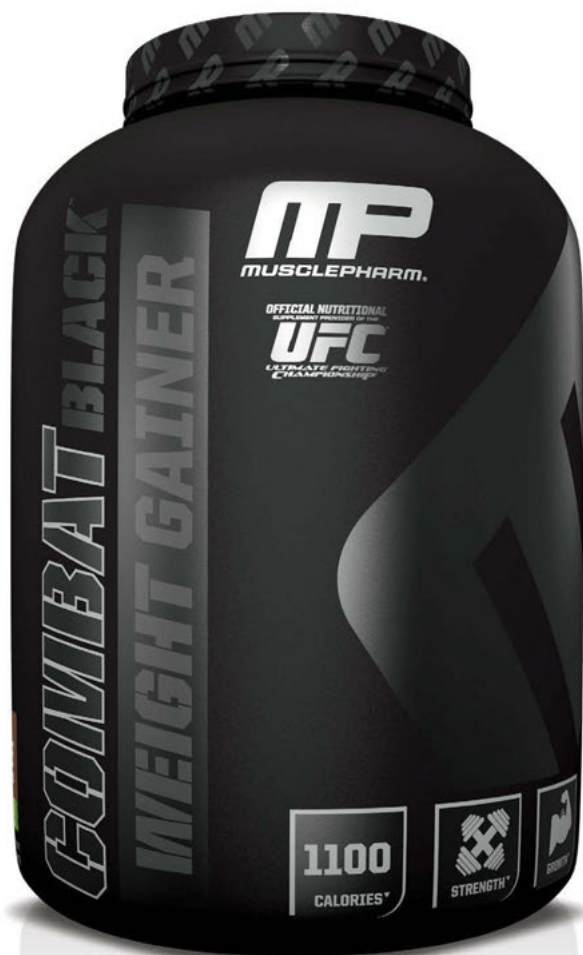
Gram per gram, WPI is one of the highest quality muscle building proteins on the market today. Although there may be times to use other proteins, or even a blend of proteins, WPI is currently the “king” of single source proteins.

CREATINE MONOHYDRATE has been the subject of hundreds of research studies in humans since 1992. In general, men and women who ingest 3-5 grams of creatine per day for 6-8 weeks gain an average of 2.8-3.2 kg of lean mass, which corresponds to a 20-40% increase in the creatine content held in muscle. Although the initial gains in body weight during the first few days of supplementation appear to be due to some water retention, this effect is actually an important effect that triggers long-term muscle growth by a variety of mechanisms: 1) increases in muscle fibre protein content, an effect which results in a doubling of muscle fibre size compared to resistance training without creatine supplementation; 2) increases in several myogenic regulatory factors (i.e. proteins that activate gene expression in muscle); 3) increases the number of “satellite cells” (i.e. immature or baby

muscle fibres that can eventually mature into muscle cells); and 4) increases in intramuscular IGF-1 content (a potent growth factor in muscle). More recent data also demonstrate that creatine supplementation can enhance glycogen storage in muscle by upregulating the production of GLUT4 (glucose transporter 4), thus providing indirect evidence that it may be of benefit to endurance athletes under certain circumstances.

In addition to the above benefits, scores of research studies have also dispelled many unsubstantiated myths of responsible creatine use, including: muscle cramps, muscle strains, dehydration, liver and/or kidney stress, etc. The fact is, NO study to date using a placebo-controlled double blind design (considered to be the gold standard in clinical research) has found an increased incidence of these side effects in subjects consuming creatine monohydrate. Media reports that claim otherwise usually involve case studies from uninformed athletic trainers, coaches and physicians.

GLUTAMINE is a “conditionally essential” amino acid that makes up about 50% of the total amino acid pools in our body. It plays critical roles as a fuel for intestinal and immune cells, is a precursor to the powerful antioxidant molecule glutathione, stimulates the production citrulline (which has anti-fatigue and nitric oxide producing properties), regulates acid-base balance, acts as a carrier of nitrogen between various tissues, and is a precursor of many other important compounds within the body. This superstar amino acid has been the darling of the supplement industry for decades, and has leagues of devoted and convinced followers despite a clear lack of evidence supporting its anabolic or anti-catabolic effects in healthy humans. What is clear though, is that glutamine is extremely beneficial for gastro-intestinal health, prevention of upper respiratory tract infections, and in anyone who has a low dietary intake. In short, supplemental glutamine may or may not help your muscle building efforts, but it certainly won't hurt either.



MULTIPOWER 100% PURE WHEY PROTEIN

With a combination of Whey Protein Isolate, Whey Hydrosolate and Whey Protein Concentrate, Multipower's 100% Pure Whey Protein is a perfect post-training recovery shake. Boasting 5.7 g of market leading BCAAs, 24 g of protein and just 1.4 g of carbs per serving, this is an essential buy for lean muscle building.

This is enhanced by 3.8 g of L-Glutamine which helps support tissue repair, boosts your immune system and increases your natural production of Human Growth Hormone. It also includes additional Vitamin B6 to aid effective protein utilisation and muscle growth.



Available in five delicious flavours including new signature tastes of Coffee Caramel and Banana and Mango, this 100% Pure Whey Protein mixes perfectly and forms a nice thick shake, that

rivals most milkshakes for taste!

The product comes in three convenient size options - 450 g sachet bag (RRP £21.49), 900g tub (RRP £36.99) and 2000g tub (RRP £64.99)

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This is INTRA-FUEL, a unique amino and carbohydrate recovery fuel for athletes who perform at the highest level. INTRA-FUEL uses Highly Branched Cyclic Dextrin (Cluster Dextrin®) carbohydrates with a specific blend of Branch Chain Amino Acids, Vitamins and Minerals, to aid in recovery, and support the immune system during and after intense physical exercise such as competitive endurance activities.

Cyclic Dextrins are highly soluble and slow releasing carbohydrates delivering bioavailable carbohydrates, a requirement to replace muscle glycogen during and after exercise. This unique formula contains carbohydrates, which have a fast gastric emptying time due to low osmolality, which may be beneficial with carbohydrate intake

around times of exercise. Each serving also contains a select blend of minerals including magnesium, which contributes to electrolyte balance.

The key ingredients in INTRA-FUEL used pre; intra and post exercise may be beneficial to both male and female athletes who participate in intense exercise and endurance sports. Especially those who need to improve muscle recovery from glycogen depleting exercise, whilst also contributing to protein metabolism and supporting the immune system. Essential requirements for optimal performance!

- With BCAAs, Glutamine, Citrulline & Electrolytes
- Supports Muscle Recovery During & After Intense Exercise
- Supports Electrolyte Balance & Normal Muscle Function
- Contributes to Carbohydrate, Protein & Glycogen Metabolism
- Supports Immune System Impaired from Intense Exercise

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■ DYNABAR™

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30 One Month, One Goal: DAYS TO SIX-PACK ABS

Get set to show off your waistline with this
core-centric sculpting plan

WORKOUT BY **LACEY STONE** | PHOTOGRAPHS BY **PER BERNAL**

THERE'S A REASON SO MANY SELFIES FEATURE A SEXY SET OF SIX-PACKS:

Well-defined abs are the hallmark of fitness, a chance to show off the hard work you've put in with training and diet. And this one-month plan can help take your middle to the next level. "I'm a big fan of mixing up exercises so you never get bored and creating challenges so you always feel like you're improving," says trainer Lacey Stone, who designed this programme. Equally important is diet: "If you eat poorly, you won't see results, but if you do the routine and get your diet in order—hello, midriff!"

30-DAY SIX-PACK CHALLENGE

Follow this plan for one month, along with the diet tips and watch those strong abs emerge.

WEEKS 1 AND 2

Frequency: Four times a week
Time: One minute per move (unless otherwise stated). Rest 30 seconds between moves.

WEEK 3

Frequency: Four times a week
Time: One minute per move (unless otherwise stated). Rest 30 seconds between moves.

WEEK 4

Frequency: Four times a week
Time: Two minutes per move (unless otherwise stated). Rest 30 seconds between moves.

THE EXERCISES

WEEK 1

DAY 1 AB REACH

Lie faceup on floor with legs lifted above hips and arms above shoulders. Crunch up, reaching toward toes, then lower back to start.

PLANK

30 to 60 seconds.

RUSSIAN TWIST 1

Sit on floor with knees bent and hands held lightly together in front of you. Lean back about 45 degrees, engaging abs. Rotate torso to right as far as you can; return to centre and rotate to left.

DAY 2 JACK KNIFE 1

Lie faceup on floor with knees bent and arms extended past ears. Reach hands toward legs as you lift knees toward hips; lower and repeat.

SIDE PLANK

30 to 60 seconds per side.

MOUNTAIN CLIMBER

45 to 60 seconds.

DAY 3 YOGA BOAT 1

Lie faceup on floor with knees bent, feet flat on floor, and hands at sides,

palms up. Lift feet a few centimetres off floor while also lifting head and shoulders, contracting abs, legs, and glutes. Hold 30 to 60 seconds.

LOW TO HIGH DB

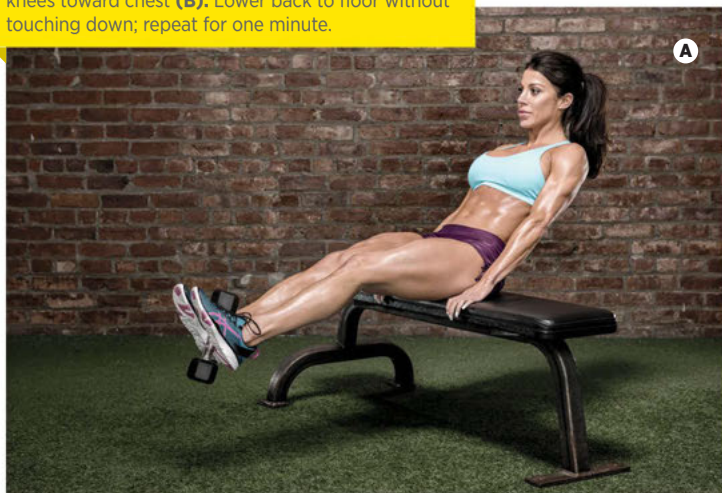
(See images, below)

KNEELING WOODCHOPPER

Kneel on floor holding weight in both hands in front of you. Bring weight down to outside of right leg, then rotate from core to lift weight diagonally across body and above left shoulder. Lower in same path and repeat for 30 seconds, then switch sides and repeat.

LOW TO HIGH DB

Sit at end of weight bench, legs extended, and place a light dumbbell between feet. Lean back 45 degrees, keeping abs tight (A). Keeping legs together, bring knees toward chest (B). Lower back to floor without touching down; repeat for one minute.



WEEK 2

DAY 1 AB REACH WITH BALL

See Week 1; add medicine ball in hands.

PLANK

60 to 90 seconds.

RUSSIAN TWIST 2

See Week 1; raise feet.

DAY 2

JACK KNIFE 1

See Week 1.

SIDE PLANK

60 to 90 seconds per side.

MOUNTAIN CLIMBER

60 to 90 seconds.

DAY 3

YOGA BOAT 2

(See image, page 83)

Lie faceup on floor with legs extended, hands at sides, and palms up. Lift feet a few inches off floor while also lifting head and shoulders, contracting abs, legs, and glutes. Hold for 30 to 60 seconds.

LOW TO HIGH DB

See Week 1.

KNEELING WOODCHOPPER

See Week 1.

WEEK 3

DAY 1 FULL BODY TAP

Lie faceup on floor with knees bent, feet flat on floor, and arms above head next to ears. Lift upper body to sitting position, tapping floor between feet. Slowly reverse position back to start; repeat.

PLANK TAP

(See image, below)

Begin in full plank position, hands on floor below shoulders and legs extended behind you in a wide stance. Keeping abs tight and head in line with spine, tap right hand to left shoulder. Return hand to floor and repeat on opposite side.

MED BALL RUSSIAN TWIST

(See image, middle right)

See Week 1; add medicine ball in hands. Bring ball to each side, rotating from torso; alternate sides.

DAY 2

JACK KNIFE 2

(See image, opposite page)

SIDE PLANK DIP

From side plank, dip bottom hip toward floor, then return to elevated position. Repeat for 30 seconds; switch sides.



PLANK TAP



JACK KNIFE 2

Lie faceup on floor with legs extended above hips and arms extended above head. Reach hands toward feet as you lift legs above hips. Lower back to floor and repeat.

ROTATIONAL MOUNTAIN CLIMBER

Begin in a full pushup position, hands below shoulders and legs extended behind you. Bring right knee toward left shoulder, keeping upper body as still as possible, then quickly return to start and repeat, this time bringing left knee toward right shoulder. Repeat for 45 to 60 seconds.

DAY 3

YOGA BOAT FLUTTER KICK

See Week 2, but this time flutter-kick legs up and down as you hold position for 30 to 60 seconds.

OFF-THE-BENCH CRUNCH

Lie on a flat bench with hips at edge of bench, legs extended off floor, and hands behind head. Lift head and shoulders off bench as you bring knees toward chest; lower



MED BALL RUSSIAN TWIST

and repeat for one min.

MED BALL OBLIQUE TOSS

(See image, page 125) Kneel on floor 60 centimetres or so from a wall, left knee bent 90 degrees in front of you and right knee on floor. Hold medicine ball with both hands in front of hips (A). Rotate torso

and bring ball to the right, then rotate back to the left, explosively throwing the ball as hard as you can against the wall (B). Let the ball drop to the floor, then pick it up and repeat.

DAY 4

Pick your three favourite moves.



ROTATIONAL MOUNTAIN CLIMBER

WEEK 4

DAY 1

FULL BODY TAP WITH MED BALL

(See image, opposite page)
See Week 3, but this time hold a medicine ball above head. Tap ball between feet as you rise up.

PLANK JACK

(See image, opposite)

MED BALL RUSSIAN TWIST

See Week 3, but this time lifting feet throughout.

DAY 2

JACK KNIFE 3

See Week 2, legs straight, but this time holding a medicine ball.

STAR SIDE PLANK

(See image, top)

ROTATIONAL MOUNTAIN CLIMBER

See Week 3.

DAY 3

YOGA BOAT FLUTTER KICK

See Week 3.

OFF-THE-BENCH CRUNCH

See Week 3.

MED BALL OBLIQUE TOSS

See Week 3.

DAY 4

Pick your three favourite moves.

STAR SIDE PLANK

Lie on right side with legs stacked, right elbow below right shoulder and forearm directly in front of you. Lift hips and right leg off floor in a side plank. From here, lift left leg above right while bringing left hand above left shoulder. Keep head in line with spine and abs engaged. Hold 30 seconds; switch sides and repeat.



YOGA BOAT 2



EAT FOR BETTER ABS

Make your hard work in the gym pay off with these belly-friendly foods recommended by Kelly Boyer, CEO of Paleta healthy meal delivery service

AVOCADO: Loaded with healthy monounsaturated fat plus vitamins, minerals, and phytonutrients. Spread over toast, toss in a salad, or enjoy with a drizzle of olive oil, lemon juice, salt, and pepper. **How much:** ½ per day.

BERRIES: High in fibre, which hustles the food you eat through your system, plus

antioxidants to help boost workout results. **How much:** ½ cup per day.

EGGS: A great protein source with a balance of amino acids. Don't fear the yolk, Boyer says. "It's where more of the nutrients are found, plus the vitamin D there can help control appetite." **How much:** One to two every other day.

APPLES: A large apple has about 5 grams of fibre and is composed of nearly 85% water, both of which help you feel satiated, says Boyer. **How much:** One a day.

NUTS: Almonds and other nut varieties are packed with protein and healthy fats; raw ones offer up more enzymes, says Boyer. **How much:** About two dozen a day (150 calories).

LEAFY GREENS: Rich in calcium, essential for muscle contraction, plus you can fill

your belly with almost endless amounts. **How much:** At least 3 cups raw greens a day.



MED BALL OBLIQUE TOSS**FULL BODY TAP WITH MED BALL****PLANK JACK**

Begin in a full plank position, hands on floor under shoulders and legs extended, feet together. Keeping core engaged and upper body still, jump both feet out to sides. Pause one count, then jump back to start. Repeat for one minute.



Co-ed Muscle

**BIG
NEWS!**

WE'RE EXCITED to announce that *Muscle & Fitness Hers* online is now part of muscleandfitness.com, creating a single site for both male and female fitness enthusiasts to find the *M&F* content they trust. Explore workouts, nutrition, athlete insights, and more from

Muscle & Fitness Hers on the home page of muscleandfitness.com/hers, the dedicated *Hers* section of the site. Our *Hers* social media handles will remain the same on Facebook, Twitter, Instagram, and Pinterest, and the *Muscle & Fitness Hers* newsletter will still be delivered weekly. (Sign up online if you're not getting it!) And, of course, *Muscle & Fitness Hers* magazine will continue to deliver the cutting-edge workouts, recipes, and advice you know and love.



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EXPERT

ADVICE ON TRAINING,

INSPIRATION FROM TOP ATHLETES AND FITNESS PROFESSIONALS

Anthony Crolla

How boxing's comeback kid got in his best shape ever

PHOTOGRAPHS BY LEE ARCHER

TURN HERE
FOR HIS
WORDS OF
WISDOM

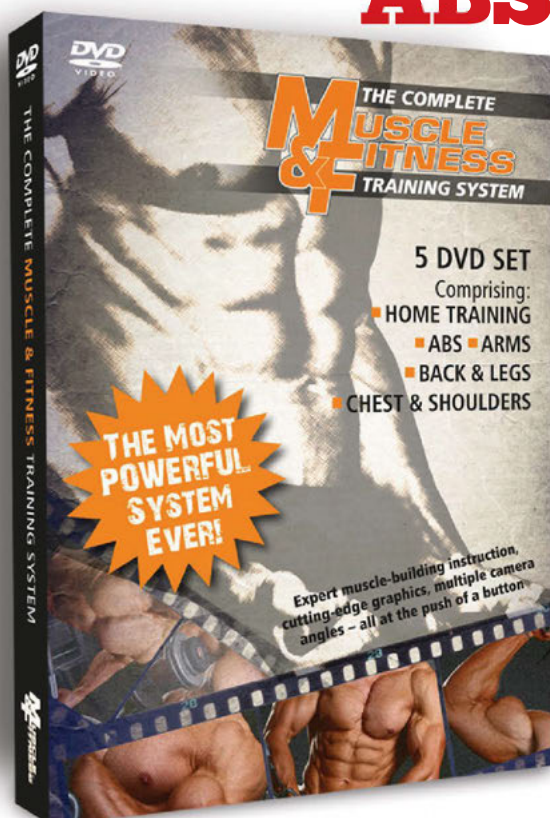
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Fighting Back

World title boxer **ANTHONY 'MILLION DOLLAR' CROLLA** on his amazing physical transformation. **BY JOHN PLUMMER**

Anthony Crolla provided one of sport's most uplifting stories this year. The Mancunian began 2015 with a fractured skull and broken ankle sustained when burglars hit him with a concrete slab. His trainer, Joe Gallagher, contacted strength and conditioning coach Martin Cullen in February and he oversaw a remarkable physical transformation that saw Crolla enter the ring against WBA lightweight world champion Darleys Perez in July in the shape of his life. The fight was controversially scored a draw and Crolla was granted an immediate rematch, which was scheduled for this month. "Anthony's fitness in the first few weeks were shocking," says Cullen. "But he started progressing and was soon deadlifting 150 kg."

Muscle&Fitness: How fit were you when you started training for this fight?

When I first came in I still had a metal plate in my ankle and was limping so I couldn't even run for a while and my fitness was awful.

What about your strength levels?

My strength was awful, absolutely shocking. I was very weak. I weighed 9st 5 lbs back then and working with Martin my weight went up to 10 st 10 before I started cutting down to 9 st 9 lbs. The best thing is my strength and power increased while my weight was coming down.

How important is strength for boxers?

Strength is very important but you've got to be careful about how you build it. I have to make weight so I can't put on too much muscle, plus it could slow me down. I needed to increase muscle but stay fast and agile.

Which muscles are key for boxers?

A strong lower back, upper back, glutes and quads are important to improve posture and make you more powerful. A boxer's posture is naturally bad because we're hunched over so much and that can slow your limbs down and affect the speed and power of the arm when throwing punches.

How do you combat this?

It's about balancing the body so everything is strong and works efficiently. The back, glutes and quads are particularly important muscles for boxers.

What was the plan to achieve this?

The plan was to try to put some muscle on. My body had wasted away. I had done some cleans and presses before but nothing serious. Martin wanted to work individual muscle groups.

How did it break down?

We did a three-day split routine. Each week we did a day of chest, shoulders and triceps, a day of back and biceps, and a day of legs. We did abs every workout.

NAME

Anthony Crolla

STATUS

Professional boxer

DATE OF BIRTH

28

BIRTHPLACE

Manchester

LIVES

Manchester

HEIGHT

174 cm / 5 ft 8 ins

WEIGHT

135 lbs / 61 kg

CAREER HIGHLIGHT

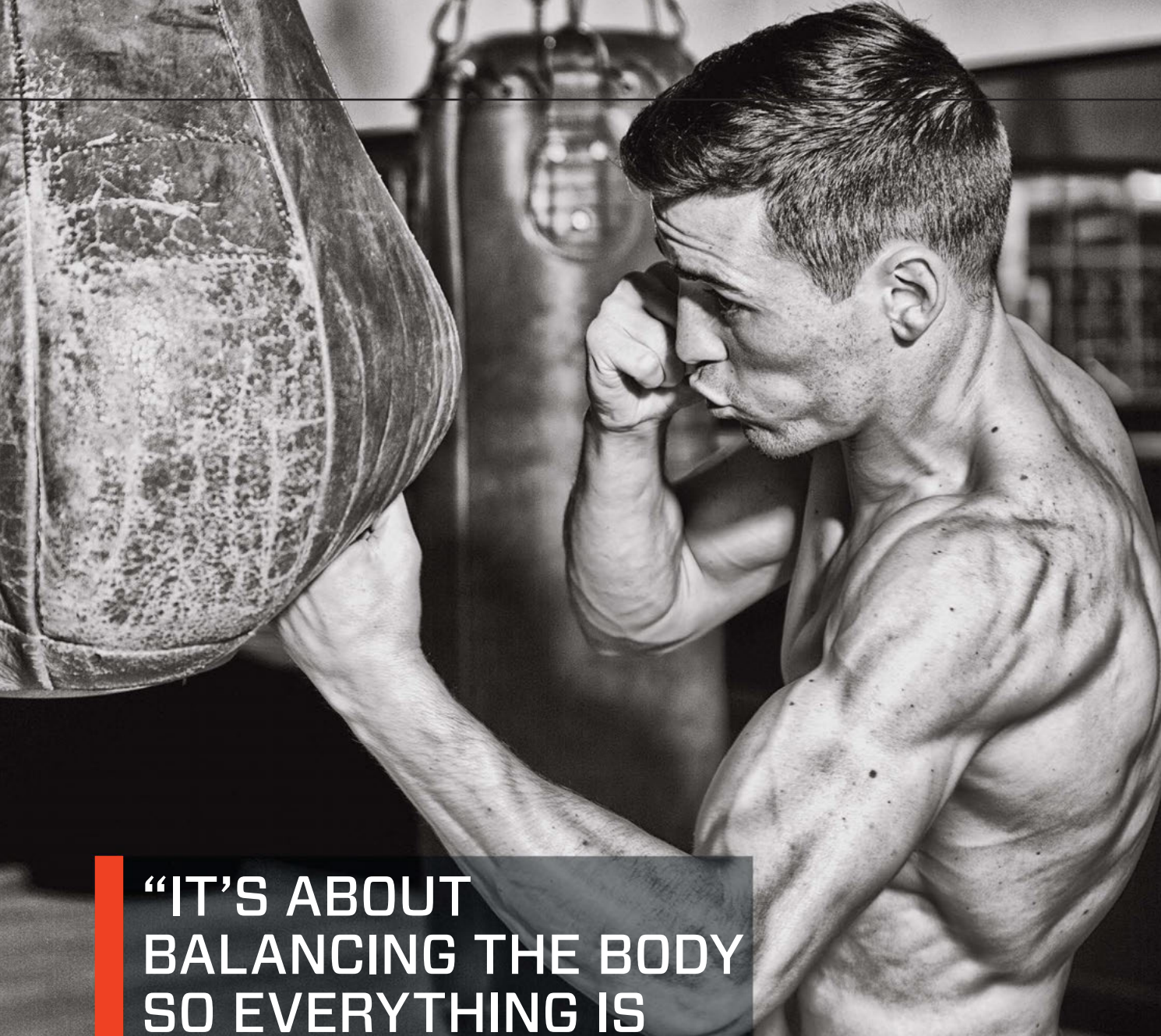
Drawing WBA world title fight against Darleys Perez in July.

AMBITION

To be world champion.

CONTACT

Twitter @ant_crolla



**“IT’S ABOUT
BALANCING THE BODY
SO EVERYTHING IS
STRONG AND WORKS
EFFICIENTLY.”**

What kind of rep ranges?

I started with low weights and high reps to get my body switched on then gradually increased the weight and lowered the reps. We started off doing 10-15 reps. then 10-12, 10-8, 6-8 and at the end 5 and 2.

How many sets?

For chest we would do 10 to 15 sets plus warm-ups; for shoulders we’d do 10 sets; triceps and biceps 5-8 sets.

Back is a big muscle group and vital for boxers so we did two upper back and two lower back movements for a total of about 15 sets. Legs were also about 15 sets.

How did your strength improve?

It went through the roof. When I started I was dumbbell pressing 10-15 kg. By the end I was doing 42.5 kg for reps. Lateral raises was my worst

exercise. To begin with I was struggling with 3 and 5 kg but I worked up to 17.5 kg dumbbells.

Do most boxers train with weights these days?

There are still some boxers out there who have never touched weights, which is unbelievable, but also there are some who train too much like bodybuilders and bulk up too much.

How has your diet changed?

I’m eating more food, especially protein and fibrous carbs, to recover faster from the intensity of my workouts. I’m now eating 5 to 6 meals a day plus a couple of protein shakes.

Britain's Got Muscle

TV street dancer **AIDAN DAVIS** is following in the footsteps of his famous bodybuilding dad. **BY JOHN PLUMMER**

To the British public, **Aidan Davis** is the amazing street dancer, rapper and children's TV presenter who finished fifth in *Britain's Got Talent*. His first appearance on the TV show has 22 million hits on YouTube. But in the fitness world, Davis is known as the son of bodybuilder Leroy Davis, the notoriously tough training partner of six-time Mr. Olympia Dorian Yates. Davis has been following the family tradition and getting hench.

Muscle&Fitness: What was it like growing up with a famous bodybuilding father?

Growing up, I didn't know much about my dad's past because he retired the year I was born. I learned about him when I began training two years ago. I saw how much people looked up to him in the gym and when we went to expos, loads of people wanted pictures with him. It was bizarre!

Why did you get into street dance instead?

It was completely random really and I was just a natural at it. I began dancing around the same time my dad started going to the gym again with my brother, but I was only 11 then so going with them was out of the question.

What kind of training does it involve?

Dancing is a lot of cardio! Rehearsing routines over and over takes it out of you. Dancing for 5 minutes straight doesn't sound like much but it's basically

continuous high intensity cardio. When I was touring I was dancing for up to 20-30 minutes non-stop.

How did you get into weight training?

When I was 16, I broke up from school and I had nothing to do for six weeks so my brother just took me with him. I fell in love with it straightaway and made a lot of improvements in just six weeks. Needless to say, people were shocked when I got back to school.

What made you diet down for this shoot?

It was a completely random conversation with the photographer, Christopher Bailey. I spoke to him about a shoot he did when he got in shape and he said he'd like to do one with me. At this point, I was around 76 kg and my body fat was, well, a bit high to say the least.

Did anyone help?

Anth Bailes, a pro bodybuilder, offered to do my diet plan and it just rolled from there. We did weekly check-ups and he had me working my ass off. My training stayed the same: low reps, high intensity, which is my dad's philosophy. I was very fortunate to have such influential and knowledgeable people around me at the gym and at home.

What did you eat in a typical day?

My diet consisted of oats, protein

powder, sweet potato, brown rice, tuna, chicken, coconut oil and almonds.

How much weight did you lose for the shoot?

I was 165 lbs nine weeks before the shoot. On the day of the shoot, I weighed 145 lbs.

Which supplements did you find most effective?

I found protein powder and glutamine very helpful throughout my diet. I didn't wake up hungry; I know this is a problem for a lot of people. Being able to blend some oats with protein powder and get it down me was a godsend. A pre-workout was handy on the low carb days.

Were you pleased with the reaction?

Very! Christopher Bailey did an amazing job with the pictures and I even impressed myself. All the people I've shown them to don't think it is me. I'm still figuring out if that is a compliment or not.

Do you plan to stay lean?

Of course I do. I've found a love for eating healthy that I never thought I'd find.

Does having more muscle affect your dancing?

If anything it makes it easier. People say 'you'll get too big' but there's no such thing.

NAME

Aidan Davis

AGE

18

BIRTHPLACE

Birmingham

LIVES

Birmingham

HEIGHT

172 cm / 5 ft 8 in

WEIGHT

67 kg / 148 lbs

AMBITIONS

Too many to list!

TRAINING ADVICE

Be consistent and listen to the right people.

SPONSORS

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CONTACT

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Ultimate Aesthetics

Bristol's **Romane Lanceford** is representing the UK at the Amateur Olympia.

BY JOHN PLUMMER

MANY OF THE WORLD'S BEST PHYSIQUES are coming to Britain for the Amateur Olympia, which takes place in Liverpool on October 31 and November 1.

The competition will see several hundred men and women line-up against each other in categories ranging from hardcore bodybuilding to the more glamorous bikini fitness.

Romane Lanceford earned the right to represent the UK by winning his height class at this year's UKBFF English Grand Prix in Buckinghamshire. ▶

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Lanceford competes in men's physique, which is a 'muscles with models' division that is assessed on facial as well as physical aesthetics. Standing over six feet tall and weighing 209 lbs, he is likely to be one of the biggest and best conditioned men in his class.

Muscle&Fitness: What's your ambition at the Amateur Olympia?

I'm aiming to win my class and battle it out in the overall category for that prestigious IFBB pro card that will be awarded to the winner.

How did you get into competing?

I remember walking through the doors of Ministry of Fitness gym three years ago, seeing the trophies on the shelf that belonged to the owner and thinking, I can do this. That was the start of my journey.

What's the toughest thing about getting on stage?

The toughest thing for me is carrying the expectations of those around you. After all the support and love

you receive the last thing you want to do is let anyone down. However it's this same pressure that keeps you hungry and sharp.

How does your training differ from that of other guys?

The intensity of my sessions and the sheer amount of work that gets done in each session is what sets me apart from other competitors.

How often do you train?

I train every day. I set aside four hours and it is always split into two sessions. The first morning session is fasted cardio for up to an hour followed by core work, stretching and posing. My second session in the afternoon is my weight training followed by more cardio.

What do you do in a typical week?

I never know my plan week to week. I normally choose what muscle group I'm training at the start of each day, depending on soreness. I believe that by not preparing sessions ahead mentally I'm able to shock my body physically every time.

"I BELIEVE THAT BY NOT PREPARING SESSIONS AHEAD MENTALLY I'M ABLE TO SHOCK MY BODY PHYSICALLY EVERY TIME."

NAME

Romane Lanceford

AGE

26

BIRTHPLACE

Bristol

LIVES

Bristol

HEIGHT

185 cm

WEIGHT

95 kg

CAREER HIGHLIGHT

2015 English Grand Prix champion

AMBITION

To win an IFBB pro card

TRAINING ADVICE

Stay Consistent

SPONSORS

Efectiv Nutrition, Chosen Few Athletics, Sports Nutrition UK

CONTACT

romanelanceford@live.co.uk

How do you get so lean?

One of the secrets to the conditioning I'm known for is my weight training sessions. The intensity at which I train on top of the cardio sessions is what makes the difference. Every session is very high intensity: drop sets, supersets, pyramid sets and sets to failure... all with no rest. The heart rate is kept high and the fat is being torched.

Best exercise for abs?

Leg raises. I find the upper abs are worked during most of the compound movements but targeting those lower abs can be difficult.

What do you eat in a typical day?

For me it's simple. Meat, vegetables and potatoes, as well as my oats and supplements.

How strict are you at counting macros?

My macros are strict but I spend more time formulating the correct foods rather than counting macros.



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Fabulous at 58

British bikini pro Michelle Brannan on how she helped Helen Hunt look better than ever

HELEN HUNT is a former professional dancer. During the 1970s, she began touring the world at the age of 19 with a French cabaret company. Later, she joined the cast of the Talk of the Town show at the London Hippodrome.

Last year, Helen decided she wanted to tread the boards one last time by taking part in a body fitness competition, so she joined my Showgirl training team and entered her first contest at 58, proving age is no barrier to your goals.

Helen enjoyed the journey so much that she has made fitness a lifestyle and is now preparing to do another competition.

THE CLIENT

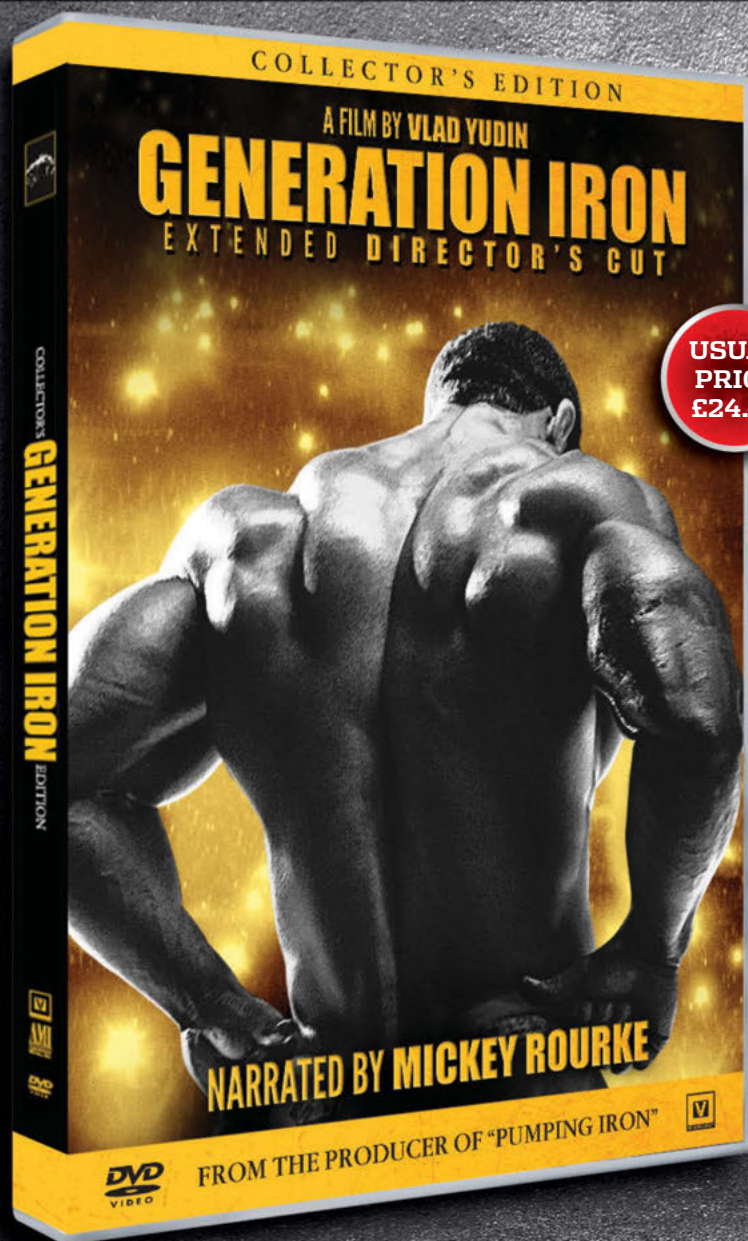


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TRAINING

When Helen came to me she had no real experience of weight training. She has a fast metabolism and is naturally lean but found it difficult to build muscle.

I therefore prescribed a five-days-a-week weight-training programme with no cardio in order to promote hypertrophy.

Weight training is a great way of keeping the body young and healthy. One of the main benefits is that it promotes the production of human growth hormone. Levels of HGH decline as we get older. In fact, by the time we reach 30, HGH levels are usually only about 20 per cent of what they were during childhood. HGH promotes lean tissue growth, faster recovery and fat loss.

Weight training boosts our metabolic rate by up to 15 per cent, helping us burn more calories and stay leaner. It also helps to build bone mass and denser bones help prevent osteoporosis so it is never too old to start.

I wrote a training plan that split Helen's training into upper and lower body days. Within that schedule I focused on specific body parts. I believe in variation to keep the body responding so some weeks we did low reps and heavier training; other weeks we did higher volume and lighter training.

“Weight training is a great way of keeping the body young and healthy.”

TYPICAL SPLIT

- Day 1** Lower body
- Day 2** Upper body / focus on shoulders
- Day 3** Lower body / focus on hamstrings
- Day 4** Upper body / focus on chest and back
- Day 5** Lower body / focus on glutes



NUTRITION

Hormonal changes make it difficult to build lean tissue as we age. We therefore had to get Helen's body in an anabolic state so she could develop muscle rather than a catabolic state as she burns energy quickly.

I asked her to eat at least 2,500 calories daily and enjoy weekly or bi-weekly off plan meals and refeeds, all year round. This relatively high amount of food would enable her to fill out her frame but I didn't want to add a great deal of unnecessary bulk, which she would have to shed later on and risk sacrificing muscle. To avoid this, I increased her calories gradually so that her body learned to utilise them for energy.

Splitting meals into 5 to 6 smaller portions per day helped her metabolism stay fast. I kept her fats, carbs, and protein reasonably high in a 20/40/40 percentage ratio.

I didn't want Helen's health to be compromised, so I encouraged her to stick to whole foods from all the macronutrient groups to ensure she got vital nutrients and minerals.

As show day approached, I didn't cut too many calories from her diet because I wanted to keep her metabolism fast. Had I done so, it may have burned some fat but she would have struggled to build or maintain her muscle.

Our metabolic rate slows as we age. I wanted to do everything possible to keep Helen's body burning calories.

THE RESULTS



Helen is healthier and more energised now that she is weight training on a regular basis. Her metabolism is faster than ever and we have gradually begun to see an increase in lean tissue and a reduction in body fat.

Because Helen decided to make fitness a lifestyle rather than a diet she had to be subjected to, she can enjoy eating a reasonable amount all year round. She is proof that no

matter what your age, you can do anything you set your mind to. Helen loves her new fitness lifestyle and doesn't foresee herself stopping any time soon.

ABOUT MICHELLE

Michelle Brannan is an IFBB bikini pro. She also runs a coaching team called Showgirl Fitness and the online training subscription resource BodySculpt Pro. michellebrannan.com.



TYPICAL DIET

Meal 1

50 g oats (dry weight) with water, 1 scoop whey, handful of berries and 1 teaspoon coconut oil

Meal 2

130 g stir-fried chicken breast (cooked weight), 100 g mixed vegetables and 200 g brown rice (cooked weight)

Meal 3

130 g white fish (cooked weight), 200 g brown pasta (cooked weight) and 100 g broccoli

Meal 4

130 g grilled salmon (cooked weight), 100 g asparagus, cup of mushrooms and 150 g sweet potato (cooked weight)

Meal 5

250 g Quark low fat soft cheese or 0% fat Greek yoghurt, handful of berries and 1 tablespoon nut butter

Post workout

40 g oats, 1 banana and 1 scoop whey protein

Off plan meals

Helen could eat anything she wanted once or

twice a week depending on how close she was to a competition. Off plan meals can prevent dietary boredom and keep your body guessing.

Supplements

For supplements, she had whey protein, fish oil, multi-vitamins with a B complex, calcium, magnesium, and zinc.

Anastasia Parikos

The bikini Brit is learning to love her big glutes

AGE: 23

BIRTHPLACE:

Reading

LIVES: Reading

HEIGHT: 173 cm

WEIGHT:

58 kg



STATUS:

Personal trainer and international bikini fitness competitor

AMBITION:

To prove to girls lifting big can be sexy. I'm proud to deadlift 120 kg.

BODY PART THAT GETS MOST ATTENTION:

Glutes. I spent years trying to make my bum smaller. Now I'm working hard to make it bigger and better!

FAVOURITE GUY:

Someone who doesn't take himself too seriously. Must train legs!

HIDDEN TALENT:

Don't play me at Scrabble. I know all the two letter words and I WILL take you down.

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King of Screams

LUCIEN LAVISCOUNT hit it big when he scored a role on comedy-horror series *Scream Queens*. Now all he has to do is survive Season 1. **BY ZACK ZEIGLER**

***Scream Queens* has a massive A-list cast. Were you at all intimidated?**

My first day was press day, and the entire cast was lined up for a photo shoot. I turned around and saw... Jamie Lee Curtis, Emma Roberts, Lea Michele, and I'm like, "Shit, this is real." That was an intimidating thing on my very first day, but I was ready.

You might have managed to turn the tables if you walked around shirtless and hit a front double biceps pose.

I can thank my mum and dad for the genetics. [Ed note: Lucien's parents, Eugene and Sonia, were competitive bodybuilders.] My arms grow quickly. I wish my chest were as big as my arms, but my body is still maturing. I'm still finding out what works well for me.

Where did the series film?

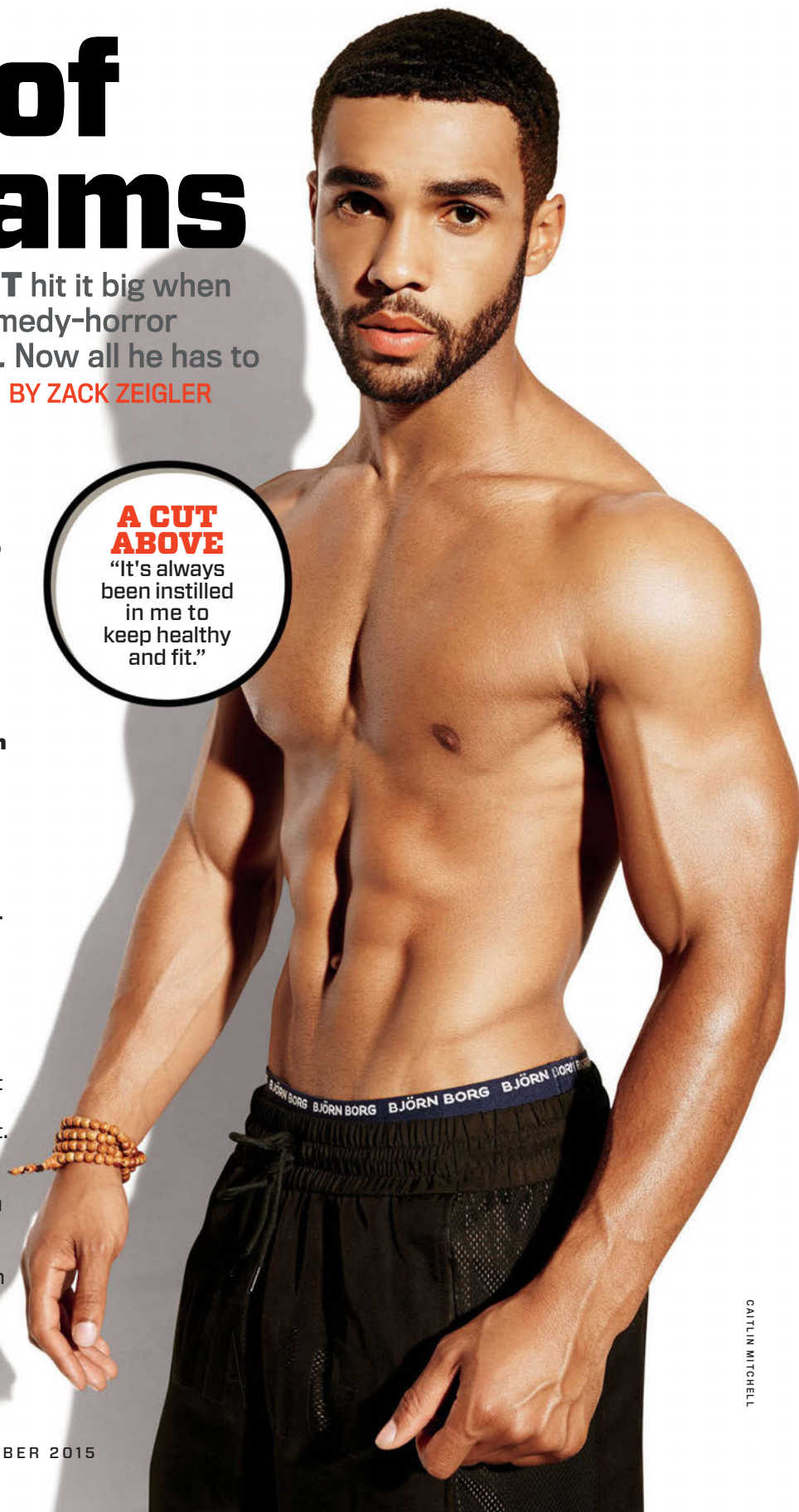
New Orleans. It's a lovely city, but it was not fun down there with the heat. You walk a block and you melt.

Do you adjust your training to target certain roles or hope you fit into certain roles because of your physique?

As long as I can fill out and look good in a suit, that's what I'm going for right now. But that's the crazy thing about acting—one role demands something, and another demands something else. So I need to keep a balance.

A CUT ABOVE

"It's always been instilled in me to keep healthy and fit."



CATLIN MITCHELL

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